



NUTRITION AND ALLERGEN INFORMATION

At Pizza Ranch, our guests are our top priority. That's why we've prepared the following list of menu items and their corresponding nutritional values and allergens.

The nutritional values are based on data from our suppliers, the USDA FoodData Central database, and the MenuCalc Nutrition Analysis web-based program by FoodCalc, which is based in Santa Barbara, California.

This information is based on standard product recipes and ingredients. The nutritional values are based on the FDA rounding guidelines.

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 ---Information not available (g).....grams (mg).....milligrams

Note: Not all items are available at all locations.

• Denotes Contains Allergen

BAKE @ HOME PIZZAS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BREAKFAST																						
BACON & SAUSAGE		1 slice	150	9	4	0	45	300	8	0	0	8	•		•					•		•
TRADITIONAL																						
BRONCO		1 slice	140	8	4	0	25	410	9	0	1	9			•					•		•
GARLIC CHEESE		1 slice	110	6	2.5	0	10	210	9	0	1	4			•					•		•
PEPPERONI		1 slice	110	6	3	0	20	260	7	0	0	6			•					•		•
BREAKFAST PIZZAS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BACON & SAUSAGE																						
	Original	1 slice - small	210	9	5	0	45	410	20	1	1	10	•		•					•		•
	Original	1 slice - medium	200	9	4	0	45	380	19	1	1	10	•		•					•		•
	Original	1 slice - large	240	10	5	0	50	430	24	1	1	11	•		•					•		•
	Skillet	1 slice - small	230	11	5	0	45	430	22	1	1	10	•		•					•		•
	Skillet	1 slice - medium	230	11	5	0	45	400	21	1	1	10	•		•					•		•
	Skillet	1 slice - large	250	12	5	0	50	440	24	1	1	11	•		•					•		•
	Thin	1 slice - small	150	9	4	0	45	360	8	0	0	8	•		•					•		•
	Thin	1 slice - medium	150	8	4	0	45	330	9	0	0	8	•		•					•		•
	Thin	1 slice - large	170	9	5	0	50	370	11	0	0	9	•		•					•		•
GARLIC SAUSAGE																						
	Original	1 slice - small	210	10	4	0	35	300	20	1	1	8	•		•					•		•
	Original	1 slice - medium	220	12	5	0	40	320	19	1	1	8	•		•					•		•
	Original	1 slice - large	260	13	5	0	45	360	23	1	1	10	•		•					•		•
	Skillet	1 slice - small	230	12	5	0	35	320	22	1	1	8	•		•					•		•
	Skillet	1 slice - medium	240	14	5	0	40	340	21	1	1	9	•		•					•		•
	Skillet	1 slice - large	270	15	5	0	45	370	23	1	1	10	•		•					•		•
	Thin	1 slice - small	150	10	4	0	35	240	8	0	1	6	•		•					•		•
	Thin	1 slice - medium	160	11	4	0	40	270	8	0	1	7	•		•					•		•
	Thin	1 slice - large	190	12	5	0	45	300	10	1	1	8	•		•					•		•
SAUSAGE																						
	Original	1 slice - small	190	8	4	0	35	330	20	1	1	8	•		•					•		•
	Original	1 slice - medium	190	8	4	0	45	340	19	1	1	9	•		•					•		•
	Original	1 slice - large	220	9	5	0	45	390	24	1	1	10	•		•					•		•

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BREAKFAST PIZZAS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
SAUSAGE																						
	Skillet	1 slice - small	210	9	4	0	35	350	22	1	1	9	●		●					●		●
	Skillet	1 slice - medium	220	10	5	0	40	360	21	1	1	9	●		●					●		●
	Skillet	1 slice - large	240	11	5	0	45	400	24	1	1	10	●		●					●		●
	Thin	1 slice - small	130	7	4	0	35	270	8	0	0	6	●		●					●		●
	Thin	1 slice - medium	140	8	4	0	45	300	9	0	0	7	●		●					●		●
	Thin	1 slice - large	160	8	4	0	45	320	11	0	0	8	●		●					●		●
SAUSAGE, PEPPERS & ONIONS																						
	Original	1 slice - small	190	8	4	0	35	330	21	1	1	8	●		●					●		●
	Original	1 slice - medium	190	8	4	0	40	340	20	1	1	9	●		●					●		●
	Original	1 slice - large	230	9	5	0	45	390	24	1	1	10	●		●					●		●
	Skillet	1 slice - small	210	9	4	0	35	350	23	1	1	9	●		●					●		●
	Skillet	1 slice - medium	220	11	4.5	0	45	350	22	1	1	9	●		●					●		●
	Skillet	1 slice - large	240	11	5	0	45	400	24	1	1	10	●		●					●		●
	Thin	1 slice - small	130	7	4	0	35	270	9	0	1	6	●		●					●		●
	Thin	1 slice - medium	140	8	4	0	45	300	9	0	1	7	●		●					●		●
	Thin	1 slice - large	160	8	4	0	45	330	12	1	1	8	●		●					●		●
CREATE YOUR OWN		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CHOICE YOUR CRUST Values Include Cheese																						
	Original	1 slice - small	150	5	3	0	10	180	19	1	1	6			●					●		●
	Original	1 slice - medium	180	7	4	0	20	250	18	1	1	9			●					●		●
	Original	1 slice - large	210	8	5	0	25	290	23	1	1	10			●					●		●
	Skillet	1 slice - small	180	7	3	0	10	200	21	1	1	7			●					●		●
	Skillet	1 slice - medium	220	11	5	0	20	270	20	1	1	9			●					●		●
	Skillet	1 slice - large	230	10	5	0	25	300	23	1	1	10			●					●		●
	Stuffed	1 slice - medium	240	13	6	0	30	420	19	1	1	11			●					●		●
	Stuffed	1 slice - large	260	13	6	0	30	450	23	1	1	11			●					●		●
	Thin	1 slice - small	80	4	2	0	10	130	7	0	0	4			●					●		●
	Thin	1 slice - medium	90	5	3	0	15	150	7	0	0	5			●					●		●
	Thin	1 slice - large	110	5	3	0	15	170	9	0	0	6			●					●		●
	Gluten Free	1 slice	170	7	4	0	20	380	21	0	2	6			●							
CHOICE YOUR SAUCE																						
	Alfredo Sauce	per small slice	15	2	1	0	5	35	0	0	0	0			●							●
	Alfredo Sauce	per medium slice	20	2	1	0	5	40	1	0	0	0			●							●
	Alfredo Sauce	per large slice	25	3	2	0	5	60	1	0	0	0			●							●

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CREATE YOUR OWN		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CHOICE YOUR SAUCE																						
	Classic Tomato	per small slice	5	0	0	0	0	40	1	0	1	0										
	Classic Tomato	per medium slice	5	0	0	0	0	35	1	0	1	0										
	Classic Tomato	per large slice	10	0	0	0	0	50	2	0	1	0										
	Garlic Sauce	per small slice	25	3	1	0	0	25	0	0	0	0								•		
	Garlic Sauce	per medium slice	30	3	1	0	0	30	0	0	0	0								•		
	Garlic Sauce	per large slice	35	4	1	0	0	35	0	0	0	0								•		
	Sweet Chili Sauce	per small slice	15	0	0	0	0	65	3	0	3	0								•		•
	Sweet Chili Sauce	per medium slice	20	0	0	0	0	90	4	0	4	0								•		•
	Sweet Chili Sauce	per large slice	20	0	0	0	0	100	5	0	4	0								•		•
CHOICE YOUR VEGGIES																						
	Banana Peppers	per small slice	0	0	0	0	0	30	0	0	0	0										
	Banana Peppers	per medium slice	0	0	0	0	0	35	0	0	0	0										
	Banana Peppers	per large slice	0	0	0	0	0	35	0	0	0	0										
	Black Olives	per small slice	10	0	0	0	0	5	0	0	0	0										
	Black Olives	per medium slice	10	0	0	0	0	5	0	0	0	0										
	Black Olives	per large slice	10	0	0	0	0	5	0	0	0	0										
	Green Olives	per small slice	10	0	0	0	0	5	0	0	0	0										
	Green Olives	per medium slice	10	0	0	0	0	5	0	0	0	0										
	Green Olives	per large slice	10	0	0	0	0	5	0	0	0	0										
	Green Peppers	per small slice	0	0	0	0	0	0	0	0	0	0										
	Green Peppers	per medium slice	0	0	0	0	0	0	0	0	0	0										
	Green Peppers	per large slice	0	0	0	0	0	0	0	0	0	0										
	Jalapenos	per small slice	0	0	0	0	0	25	0	0	0	0										
	Jalapenos	per medium slice	0	0	0	0	0	35	0	0	0	0										
	Jalapenos	per large slice	0	0	0	0	0	35	0	0	0	0										
	Mushrooms	per small slice	0	0	0	0	0	0	0	0	0	0										
	Mushrooms	per medium slice	0	0	0	0	0	0	0	0	0	0										
	Mushrooms	per large slice	0	0	0	0	0	0	0	0	0	0										
	Onions	per small slice	0	0	0	0	0	0	0	0	0	0										
	Onions	per medium slice	0	0	0	0	0	0	0	0	0	0										
	Onions	per large slice	0	0	0	0	0	0	0	0	0	0										
	Pickles	per small slice	0	0	0	0	0	60	0	0	0	0										
	Pickles	per medium slice	0	0	0	0	0	60	0	0	0	0										
	Pickles	per large slice	0	0	0	0	0	60	0	0	0	0										
	Pineapple	per small slice	5	0	0	0	0	0	1	0	1	0										

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CHOICE YOUR VEGGIES																						
	Pineapple	per medium slice	5	0	0	0	0	0	1	0	1	0										
	Pineapple	per large slice	5	0	0	0	0	0	1	0	1	0										
	Sauerkraut	per small slice	0	0	0	0	0	20	0	0	0	0										
	Sauerkraut	per medium slice	0	0	0	0	0	20	0	0	0	0										
	Sauerkraut	per large slice	0	0	0	0	0	20	0	0	0	0										
	Spinach	per small slice	0	0	0	0	0	0	0	0	0	0										
	Spinach	per medium slice	0	0	0	0	0	0	0	0	0	0										
	Spinach	per large slice	0	0	0	0	0	0	0	0	0	0										
	Tomatoes	per small slice	0	0	0	0	0	0	0	0	0	0										
	Tomatoes	per medium slice	0	0	0	0	0	0	0	0	0	0										
	Tomatoes	per large slice	0	0	0	0	0	0	0	0	0	0										
CHOICE YOUR MEAT																						
	Bacon	per small slice	25	2	1	0	10	85	0	0	0	2										
	Bacon	per medium slice	25	2	1	0	10	85	0	0	0	2										
	Bacon	per large slice	25	2	1	0	10	85	0	0	0	2										
	Beef	per small slice	20	1	1	0	5	90	0	0	0	2								•		
	Beef	per medium slice	20	1	1	0	10	110	1	0	0	2								•		
	Beef	per large slice	20	1	1	0	10	120	1	0	0	2								•		
	Canadian Bacon	per small slice	10	0	0	0	5	110	0	0	0	2										
	Canadian Bacon	per medium slice	10	0	0	0	10	120	0	0	0	2										
	Canadian Bacon	per large slice	10	0	0	0	10	130	0	0	0	2										
	Chicken	per small slice	5	0	0	0	5	45	0	0	0	1								•		
	Chicken	per medium slice	5	0	0	0	5	45	0	0	0	1								•		
	Chicken	per large slice	5	0	0	0	5	45	0	0	0	1								•		
	Italian Sausage	per small slice	40	4	2	0	10	120	0	0	0	2										
	Italian Sausage	per medium slice	50	4	2	0	10	150	1	0	0	2										
	Italian Sausage	per large slice	50	4	2	0	10	140	1	0	0	2										
	Pepperoni	per small slice	15	2	1	0	5	65	0	0	0	1										
	Pepperoni	per medium slice	15	2	1	0	5	65	0	0	0	1										
	Pepperoni	per large slice	20	2	1	0	5	70	0	0	0	1										
ONE TOPPING PIZZAS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BEEF																						
	Original Crust	1 slice - small	170	6	3	0	15	310	21	1	2	8			•					•		•
	Original Crust	1 slice - medium	180	7	4	0	20	340	20	1	2	9			•					•		•

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BEEF																						
	Original Crust	1 slice - large	210	7	4	0	20	390	25	2	2	10			•					•		•
	Skillet Crust	1 slice - small	190	7	4	0	15	330	23	2	2	8			•					•		•
	Skillet Crust	1 slice - medium	200	8	4	0	20	360	22	2	2	9			•					•		•
	Skillet Crust	1 slice - large	230	9	5	0	20	390	25	2	2	10			•					•		•
	Stuffed Crust	1 slice - medium	240	12	5	0	25	490	22	1	1	10			•					•		•
	Stuffed Crust	1 slice - large	260	12	6	0	25	530	25	2	2	11			•					•		•
	Thin Crust	1 slice - small	110	5	3	0	15	260	9	1	1	6			•					•		•
	Thin Crust	1 slice - medium	120	6	4	0	20	290	9	1	1	7			•					•		•
	Thin Crust	1 slice - large	140	6	4	0	20	320	12	1	1	8			•					•		•
	Gluten Free Crust	1 slice	180	7	3	0	20	480	23	1	3	7			•					•		
CHEESE																						
	Original Crust	1 slice - small	190	7	4	0	20	290	20	1	2	9			•					•		•
	Original Crust	1 slice - medium	190	7	4	0	20	290	19	1	2	9			•					•		•
	Original Crust	1 slice - large	220	8	5	0	25	340	24	1	2	11			•					•		•
	Skillet Crust	1 slice - small	210	8	5	0	20	300	23	1	2	9			•					•		•
	Skillet Crust	1 slice - medium	210	9	5	0	20	310	22	1	2	9			•					•		•
	Skillet Crust	1 slice - large	240	10	5	0	25	350	24	1	2	10			•					•		•
	Stuffed Crust	1 slice - medium	260	13	6	0	30	470	22	1	1	11			•					•		•
	Stuffed Crust	1 slice - large	270	14	7	0	30	510	25	1	2	12			•					•		•
	Thin Crust	1 slice - small	120	6	4	0	20	230	9	0	1	7			•					•		•
	Thin Crust	1 slice - medium	130	7	4	0	20	240	9	0	1	7			•					•		•
	Thin Crust	1 slice - large	150	8	5	0	25	280	12	1	1	8			•					•		•
	Jumbo	1 slice	330	12	7	0	35	510	37	2	3	16			•					•		•
	Gluten Free Crust	1 slice	200	8	4	0	25	450	23	1	3	8			•							
CHICKEN																						
	Original Crust	1 slice - small	160	5	3	0	15	270	20	1	2	8			•					•		•
	Original Crust	1 slice - medium	160	5	3	0	20	280	19	1	1	8			•					•		•
	Original Crust	1 slice - large	190	6	3	0	20	330	24	1	2	9			•					•		•
	Skillet Crust	1 slice - small	180	6	3	0	15	290	23	1	2	8			•					•		•
	Skillet Crust	1 slice - medium	190	7	4	0	20	300	22	1	2	8			•					•		•
	Skillet Crust	1 slice - large	210	8	4	0	20	330	24	1	2	9			•					•		•
	Stuffed Crust	1 slice - medium	230	11	5	0	25	450	22	1	1	10			•					•		•
	Stuffed Crust	1 slice - large	250	11	5	0	25	500	24	1	2	11			•					•		•
	Thin Crust	1 slice - small	100	4	2	0	15	210	9	0	1	6			•					•		•
	Thin Crust	1 slice - medium	110	5	3	0	20	230	9	0	1	6			•					•		•

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 ---Information not available (g).....grams (mg).....milligrams

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ONE TOPPING PIZZAS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CHICKEN																						
	Thin Crust	1 slice - large	120	5	3	0	20	260	11	1	1	7			•					•		•
	Gluten Free Crust	1 slice	170	6	3	0	15	430	22	1	2	6			•					•		
CANADIAN BACON																						
	Original Crust	1 slice - small	160	5	2	0	15	280	20	1	2	7			•					•		•
	Original Crust	1 slice - medium	170	6	3	0	20	360	19	1	2	9			•					•		•
	Original Crust	1 slice - large	200	6	3	0	20	410	24	1	2	10			•					•		•
	Skillet Crust	1 slice - small	190	7	3	0	20	350	23	1	2	9			•					•		•
	Skillet Crust	1 slice - medium	190	8	3	0	20	380	22	1	2	9			•					•		•
	Skillet Crust	1 slice - large	220	9	4	0	20	420	24	1.5	2	10			•					•		•
	Stuffed Crust	1 slice - medium	230	11	5	0	25	500	22	1	1	10			•					•		•
	Stuffed Crust	1 slice - large	250	12	5	0	30	550	24	1	2	11			•					•		•
	Thin Crust	1 slice - small	100	4	2	0	15	220	9	0	1	5			•					•		•
	Thin Crust	1 slice - medium	110	5	3	0	20	310	9	0.5	1	7			•					•		•
	Thin Crust	1 slice - large	130	6	3	0	20	350	11	1	1	8			•					•		•
	Gluten Free Crust	1 slice	170	6	3	0	20	500	22	1	3	7			•							
GARLIC CHEESE																						
	Original Crust	1 slice - small	200	9	4	0	20	260	19	1	1	8			•					•		•
	Original Crust	1 slice - medium	210	10	5	0	20	280	18	1	1	9			•					•		•
	Original Crust	1 slice - large	250	12	5	0	25	330	23	1	1	10			•					•		•
	Skillet Crust	1 slice - small	220	11	5	0	20	280	21	1	1	8			•					•		•
	Skillet Crust	1 slice - medium	230	12	5	0	20	300	20	1	1	9			•					•		•
	Skillet Crust	1 slice - large	260	14	6	0	25	340	23	1	1	10			•					•		•
	Stuffed Crust	1 slice - medium	270	15	7	0	30	460	21	1	1	11			•					•		•
	Stuffed Crust	1 slice - large	290	16	7	0	30	500	23	1	1	12			•					•		•
	Thin Crust	1 slice - small	140	9	4	0	20	200	7	0	0	6			•					•		•
	Thin Crust	1 slice - medium	150	10	5	0	20	230	8	0	0	7			•					•		•
	Thin Crust	1 slice - large	180	11	5	0	25	270	10	0	1	8			•					•		•
	Gluten Free Crust	1 slice	220	11	5	0	25	440	21	0	2	8			•					•		
ITALIAN SAUSAGE																						
	Original Crust	1 slice - small	180	7	3	0	20	300	20	1	2	8			•					•		•
	Original Crust	1 slice - medium	180	7	4	0	20	310	19	1	1	8			•					•		•
	Original Crust	1 slice - large	210	8	4	0	20	350	24	1	2	10			•					•		•
	Skillet Crust	1 slice - small	200	8	4	0	20	320	23	1	2	8			•					•		•
	Skillet Crust	1 slice - medium	210	9	4	0	20	330	22	1	2	9			•					•		•
	Skillet Crust	1 slice - large	230	10	5	0	20	360	24	2	2	9			•					•		•

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ONE TOPPING PIZZAS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
ITALIAN SAUSAGE																						
	Stuffed Crust	1 slice - medium	250	13	6	0	25	470	22	1	1	10			•					•		•
	Stuffed Crust	1 slice - large	270	13	6	0	25	520	24	2	2	11			•					•		•
	Thin Crust	1 slice - small	120	6	3	0	20	250	9	1	1	6			•					•		•
	Thin Crust	1 slice - medium	120	7	4	0	20	260	9	1	1	6			•					•		•
	Thin Crust	1 slice - large	140	7	4	0	20	290	11	1	1	7			•					•		•
	Gluten Free Crust	1 slice	190	7	4	0	20	450	22	1	2	7			•							
PEPPERONI																						
	Original Crust	1 slice - small	190	9	4	0	20	390	20	1	1	8			•					•		•
	Original Crust	1 slice - medium	200	9	5	0	25	410	19	1	1	9			•					•		•
	Original Crust	1 slice - large	230	10	5	0	25	450	24	1	2	10			•					•		•
	Skillet Crust	1 slice - small	220	10	5	0	20	410	22	1	1	8			•					•		•
	Skillet Crust	1 slice - medium	220	11	5	0	25	430	21	1	1	9			•					•		•
	Skillet Crust	1 slice - large	250	12	5	0	25	460	24	2	2	10			•					•		•
	Stuffed Crust	1 slice - medium	260	14	6	0	30	540	22	1	1	10			•					•		•
	Stuffed Crust	1 slice - large	280	15	7	0	30	590	24	1	1	11			•					•		•
	Thin Crust	1 slice - small	130	8	4	0	20	330	9	0	1	6			•					•		•
	Thin Crust	1 slice - medium	140	9	5	0	25	360	9	0	1	7			•					•		•
	Thin Crust	1 slice - large	160	9	5	0	25	390	11	1	1	8			•					•		•
	Jumbo	1 slice	340	15	7	0	40	670	36	2	3	15			•					•		•
	Gluten Free Crust	1 slice	200	9	4	0	25	550	22	1	2	7			•							
SPECIALTY PIZZAS																						
BACON CHEESEBURGER																						
	Original Crust	1 slice - small	180	6	0	0	20	360	21	1	2	8			•					•		•
	Original Crust	1 slice - medium	180	7	4	0	20	380	20	1	2	9			•					•		•
	Original Crust	1 slice - large	220	8	4	0	25	420	25	2	2	10			•					•		•
	Skillet Crust	1 slice - small	200	8	4	0	20	370	23	2	2	9			•					•		•
	Skillet Crust	1 slice - medium	210	9	4	0	20	400	22	2	2	9			•					•		•
	Skillet Crust	1 slice - large	230	10	5	0	25	430	25	17	2	10			•					•		•
	Stuffed Crust	1 slice - medium	250	12	6	0	30	520	22	1	1	11			•					•		•
	Stuffed Crust	1 slice - large	260	13	6	0	30	560	25	2	2	11			•					•		•
	Thin Crust	1 slice - small	120	6	3	0	20	300	9	1	1	6			•					•		•
	Thin Crust	1 slice - medium	130	6	3	0	20	330	9	1	1	7			•					•		•
	Thin Crust	1 slice - large	150	7	4	0	25	360	12	1	2	8			•					•		•
	Gluten Free Crust	1 slice	190	7	3	0	20	520	23	1	3	7			•					•		

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BBQ CHICKEN																						
	Original Crust	1 slice - small	170	5	3	0	15	330	23	1	3	8			•					•		•
	Original Crust	1 slice - medium	170	5	3	0	20	340	22	1	3	8			•					•		•
	Original Crust	1 slice - large	200	6	3	0	20	390	27	1	4	10			•					•		•
	Skillet Crust	1 slice - small	190	6	3	0	15	350	25	1	3	8			•					•		•
	Skillet Crust	1 slice - medium	200	7	4	0	20	360	24	1	3	9			•					•		•
	Skillet Crust	1 slice - large	220	8	4	0	20	400	27	2	4	9			•					•		•
	Stuffed Crust	1 slice - medium	240	11	5	0	25	520	25	1	3	10			•					•		•
	Stuffed Crust	1 slice - large	260	11	5	0	25	570	28	2	4	11			•					•		•
	Thin Crust	1 slice - small	100	4	2	0	15	270	11	1	3	6			•					•		•
	Thin Crust	1 slice - medium	110	5	3	0	20	290	11	1	3	6			•					•		•
	Thin Crust	1 slice - large	130	5	3	0	20	330	14	1	4	7			•					•		•
	Gluten Free Crust	1 slice	180	6	3	0	15	510	26	1	5	7			•					•		
BLT																						
	Original Crust	1 slice - small	240	14	4	0	25	360	21	1	2	8	•		•					•		•
	Original Crust	1 slice - medium	260	16	5	0	25	380	20	1	2	9	•		•					•		•
	Original Crust	1 slice - large	310	18	5	0	30	440	25	2	2	10	•		•					•		•
	Skillet Crust	1 slice - small	270	15	5	0	25	380	23	2	2	9	•		•					•		•
	Skillet Crust	1 slice - medium	290	17	5	0	25	400	22	2	2	9	•		•					•		•
	Skillet Crust	1 slice - large	320	20	6	0	30	450	25	2	2	10	•		•					•		•
	Stuffed Crust	1 slice - medium	330	21	7	0	30	540	22	1	2	10	•		•					•		•
	Stuffed Crust	1 slice - large	360	23	7	0	35	610	25	2	2	11	•		•					•		•
	Thin Crust	1 slice - small	180	13	4	0	25	300	9	1	1	6	•		•					•		•
	Thin Crust	1 slice - medium	200	15	5	0	25	330	9	1	1	7	•		•					•		•
	Thin Crust	1 slice - large	240	17	5	0	30	380	12	1	2	8	•		•					•		•
	Gluten Free Crust	1 slice	280	18	5	0	25	540	23	1	3	7	•		•							
BRONCO																						
	Original Crust	1 slice - small	190	8	4	0	20	400	20	1	2	9			•					•		•
	Original Crust	1 slice - medium	200	8	4	0	30	420	19	1	2	10			•					•		•
	Original Crust	1 slice - large	230	9	4	0	30	460	24	2	2	11			•					•		•
	Skillet Crust	1 slice - small	220	9	4	0	20	410	23	1	2	9			•					•		•
	Skillet Crust	1 slice - medium	220	10	5	0	27	430	21	1	2	10			•					•		•
	Skillet Crust	1 slice - large	240	11	5	0	30	470	24	2	2	11			•					•		•
	Stuffed Crust	1 slice - medium	260	14	6	0	30	550	22	1	1	11			•					•		•
	Stuffed Crust	1 slice - large	280	14	6	0	30	590	24	2	2	12			•					•		•
	Thin Crust	1 slice - small	130	7	4	0	24	340	9	1	1	7			•					•		•

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BRONCO																						
	Thin Crust	1 slice - medium	140	8	4	0	26	360	9	0	1	8			•					•		•
	Thin Crust	1 slice - large	160	8	4	0	28	400	12	1	1	9			•					•		•
	Gluten Free Crust	1 slice	200	9	4	0	30	560	23	1	2	8			•					•		
BUFFALO CHICKEN																						
	Original Crust	1 slice - small	180	7	3	0	25	590	19	1	1	10	•		•	•				•		•
	Original Crust	1 slice - medium	180	7	3	0	25	570	18	1	1	10	•		•	•				•		•
	Original Crust	1 slice - large	210	8	3	0	30	650	23	1	1	12	•		•	•				•		•
	Skillet Crust	1 slice - small	200	8	3	0	25	610	22	1	1	10	•		•	•				•		•
	Skillet Crust	1 slice - medium	210	9	4	0	30	590	21	1	1	10	•		•	•				•		•
	Skillet Crust	1 slice - large	230	10	4	0	30	660	23	1	1	11	•		•	•				•		•
	Stuffed Crust	1 slice - medium	250	13	5	0	30	650	21	1	1	11	•		•	•				•		•
	Stuffed Crust	1 slice - large	260	13	5	0	30	730	23	1	1	12	•		•	•				•		•
	Thin Crust	1 slice - small	120	6	3	0	25	530	8	0	1	8	•		•	•				•		•
	Thin Crust	1 slice - medium	120	7	3	0	25	520	8	0	1	8	•		•	•				•		•
	Thin Crust	1 slice - large	140	7	3	0	30	590	10	0	1	9	•		•	•				•		•
	Gluten Free Crust	1 slice	180	7	3	0	20	680	21	0	2	8	•		•	•				•		
CHICKEN BACON RANCH																						
	Original Crust	1 slice - small	220	11	4	0	25	400	19	1	1	9	•		•	•				•		•
	Original Crust	1 slice - medium	220	11	5	0	30	410	18	1	1	10	•		•	•				•		•
	Original Crust	1 slice - large	260	14	5	0	30	480	23	1	1	11	•		•	•				•		•
	Skillet Crust	1 slice - small	240	12	5	0	25	420	22	1	1	9	•		•	•				•		•
	Skillet Crust	1 slice - medium	250	13	5	0	30	430	21	1	1	10	•		•	•				•		•
	Skillet Crust	1 slice - large	280	16	6	0	30	480	23	1	1	11	•		•	•				•		•
	Stuffed Crust	1 slice - medium	290	17	6	0	30	570	21	1	1	11	•		•	•				•		•
	Stuffed Crust	1 slice - large	320	19	7	0	35	640	24	1	1	12	•		•	•				•		•
	Thin Crust	1 slice - small	150	10	4	0	25	340	8	0	1	7	•		•	•				•		•
	Thin Crust	1 slice - medium	160	11	4	0	30	360	8	0	1	8	•		•	•				•		•
	Thin Crust	1 slice - large	200	13	5	0	30	430	10	0	1	9	•		•	•				•		•
	Gluten Free Crust	1 slice	240	13	5	0	25	580	22	0	2	8	•		•	•				•		
DA BIG POPPER																						
	Original Crust	1 slice - small	210	10	5	0	30	380	22	1	3	8			•					•		•
	Original Crust	1 slice - medium	250	13	7	0	40	470	21	1	3	11			•					•		•
	Original Crust	1 slice - large	300	15	8	0	45	530	26	1	3	13			•					•		•
	Skillet Crust	1 slice - small	230	11	5	0	30	400	24	1	3	9			•					•		•
	Skillet Crust	1 slice - medium	280	15	7	0	40	490	23	1	3	12			•					•		•

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DA BIG POPPER																						
	Skillet Crust	1 slice - large	310	17	8	0	40	540	26	1	3	13			•					•		•
	Stuffed Crust	1 slice - medium	280	17	7	0	40	550	20	1	2	11			•					•		•
	Stuffed Crust	1 slice - large	320	18	8	0	40	631	26	1	3	13			•					•		•
	Thin Crust	1 slice - small	150	9	5	0	30	330	10	0	2	6			•					•		•
	Thin Crust	1 slice - medium	170	11	5	0	30	360	10	0	2	7			•					•		•
	Thin Crust	1 slice - large	190	12	6	0	35	410	13	1	3	8			•					•		•
	Gluten Free Crust	1 slice	240	12	6	0	30	590	24	1	4	9			•							
MACARONI & CHEESE																						
	Original Crust	1 slice - small	210	9	4	0	20	390	24	1	1	9	•		•					•		•
	Original Crust	1 slice - medium	220	10	5	0	25	420	23	1	2	9	•		•					•		•
	Original Crust	1 slice - large	260	11	5	0	25	470	28	1	2	11	•		•					•		•
	Skillet Crust	1 slice - small	230	10	5	0	20	410	26	1	2	9	•		•					•		•
	Skillet Crust	1 slice - medium	250	11	5	0	25	430	25	1	2	10	•		•					•		•
	Skillet Crust	1 slice - large	280	13	6	0	25	480	28	1	2	11	•		•					•		•
	Stuffed Crust	1 slice - medium	270	14	6	0	25	540	25	1	1	11	•		•					•		•
	Stuffed Crust	1 slice - large	290	15	7	0	30	600	27	1	1	12	•		•					•		•
	Thin Crust	1 slice - small	150	8	4	0	20	330	12	0	1	7	•		•					•		•
	Thin Crust	1 slice - medium	160	9	5	0	25	360	12	0	1	7	•		•					•		•
	Thin Crust	1 slice - large	190	10	5	0	25	410	15	1	1	9	•		•					•		•
PRAIRIE																						
	Original Crust	1 slice - small	160	5	3	0	10	250	21	1	2	7			•					•		•
	Original Crust	1 slice - medium	170	5	3	0	15	260	20	1	2	7			•					•		•
	Original Crust	1 slice - large	200	6	3	0	15	310	25	2	2	9			•					•		•
	Skillet Crust	1 slice - small	190	6	3	0	10	270	23	2	2	7			•					•		•
	Skillet Crust	1 slice - medium	190	7	4	0	15	280	22	2	2	8			•					•		•
	Skillet Crust	1 slice - large	220	8	4	0	15	320	25	2	2	8			•					•		•
	Stuffed Crust	1 slice - medium	230	11	5	0	20	430	22	1	2	9			•					•		•
	Stuffed Crust	1 slice - large	250	11	5	0	20	470	25	2	2	10			•					•		•
	Thin Crust	1 slice - small	100	4	2	0	10	190	9	1	1	5			•					•		•
	Thin Crust	1 slice - medium	110	5	3	0	15	210	9	1	1	5			•					•		•
	Thin Crust	1 slice - large	130	5	3	0	15	250	12	1	2	6			•					•		•
	Gluten Free Crust	1 slice	170	6	3	0	15	400	23	1	3	6			•							
ROUNDUP																						
	Original Crust	1 slice - small	180	7	3	0	20	314	20	1	2	8			•					•		•
	Original Crust	1 slice - medium	190	7	4	0	20	340	20	1	2	9			•					•		•

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ROUNDUP																						
	Original Crust	1 slice - large	220	8	4	0	20	380	25	2	2	10			•					•		•
	Skillet Crust	1 slice - small	200	8	4	0	20	330	23	2	2	8			•					•		•
	Skillet Crust	1 slice - medium	210	9	4	0	20	350	22	2	2	9			•					•		•
	Skillet Crust	1 slice - large	240	11	5	0	23	400	25	2	2	10			•					•		•
	Stuffed Crust	1 slice - medium	250	13	6	0	25	490	22	1	1	10			•					•		•
	Stuffed Crust	1 slice - large	270	13	6	0	26	530	25	2	2	11			•					•		•
	Thin Crust	1 slice - small	120	6	3	0	20	260	9	1	1	6			•					•		•
	Thin Crust	1 slice - medium	130	7	4	0	20	280	9	1	1	7			•					•		•
	Thin Crust	1 slice - large	150	8	4	0	23	330	12	1	2	8			•					•		•
	Gluten Free Crust	1 slice	190	7	3	0	20	480	23	1	3	7			•					•		
STAMPEDE																						
	Original Crust	1 slice - small	190	7	3	0	20	340	20	1	2	8			•					•		•
	Original Crust	1 slice - medium	200	8	4	0	60	370	20	1	2	9			•					•		•
	Original Crust	1 slice - large	230	8	4	0	20	420	25	2	2	10			•					•		•
	Skillet Crust	1 slice - small	210	8	4	0	20	360	23	2	2	9			•					•		•
	Skillet Crust	1 slice - medium	220	9	4	0	20	390	22	2	2	9			•					•		•
	Skillet Crust	1 slice - large	250	10	5	0	20	430	25	2	2	10			•					•		•
	Stuffed Crust	1 slice - medium	260	13	6	0	30	510	22	1	2	11			•					•		•
	Stuffed Crust	1 slice - large	280	13	6	0	30	560	25	2	2	11			•					•		•
	Thin Crust	1 slice - small	130	6	3	0	20	290	9	1	1	6			•					•		•
	Thin Crust	1 slice - medium	140	7	4	2	20	320	9	1	1	7			•					•		•
	Thin Crust	1 slice - large	160	8	4	0	20	360	12	1	2	8			•					•		•
	Gluten Free Crust	1 slice	200	8	3	0	2	210	23	1	3	7			•					•		
SWEET CHILI																						
	Original Crust	1 slice - small	190	5	3	0	15	380	27	1	8	8			•					•		•
	Original Crust	1 slice - medium	180	5	3	0	20	370	25	1	7	8			•					•		•
	Original Crust	1 slice - large	220	6	3	0	20	420	30	1	7	10			•					•		•
	Skillet Crust	1 slice - small	210	6	3	0	15	400	30	1	8	8			•					•		•
	Skillet Crust	1 slice - medium	210	7	4	0	20	390	27	1	7	9			•					•		•
	Skillet Crust	1 slice - large	230	8	4	0	20	430	30	1	7	10			•					•		•
	Stuffed Crust	1 slice - medium	250	11	5	0	25	520	26	1	5	10			•					•		•
	Stuffed Crust	1 slice - large	260	11	5	0	25	550	29	1	6	11			•					•		•
	Thin Crust	1 slice - small	120	4	2	0	15	320	16	0	8	6			•					•		•
	Thin Crust	1 slice - medium	130	5	3	0	20	320	14	0	7	6			•					•		•
	Thin Crust	1 slice - large	150	5	3	0	20	360	17	1	7	7			•					•		•

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SWEET SWINE																						
	Original Crust	1 slice - small	170	5	2.5	0	20	330	21	1	2	8			•					•		•
	Original Crust	1 slice - medium	170	6	3	0	20	320	20	1	3	8			•					•		•
	Original Crust	1 slice - large	200	6	3	0	20	370	26	1.5	3	10			•					•		•
	Skillet Crust	1 slice - small	190	7	3	0	20	350	24	1.5	3	9			•					•		•
	Skillet Crust	1 slice - medium	200	7	3	0	20	340	22	1	3	9			•					•		•
	Skillet Crust	1 slice - large	220	8	4	0	20	380	26	2	3	10			•					•		•
	Stuffed Crust	1 slice - medium	240	11	5	0	20	480	23	1	2	10			•					•		•
	Stuffed Crust	1 slice - large	250	11	5	0	30	520	25	2	3	11			•					•		•
	Thin Crust	1 slice - small	110	5	2	0	20	270	10	1	2	6			•					•		•
	Thin Crust	1 slice - medium	110	5	3	0	20	270	10	1	2	7			•					•		•
	Thin Crust	1 slice - large	130	6	3	0	20	310	13	1	3	8			•					•		•
	Gluten Free Crust	1 slice	180	6	3	0	18	470	23	1	4	7			•							
TEXAN TACO																						
	Original Crust	1 slice - small	180	6	3	0	20	290	21	2	1	8			•					•		•
	Original Crust	1 slice - medium	190	7	4	0	20	330	21	2	2	9			•					•		•
	Original Crust	1 slice - large	220	8	4	0	20	380	26	2	2	11			•					•		•
	Skillet Crust	1 slice - small	200	8	4	0	20	310	24	2	1	9			•					•		•
	Skillet Crust	1 slice - medium	220	9	4	0	20	340	23	2	2	10			•					•		•
	Skillet Crust	1 slice - large	240	10	5	0	20	390	26	2	2	10			•					•		•
	Stuffed Crust	1 slice - medium	270	14	6	0	30	520	23	2	1	12			•					•		•
	Stuffed Crust	1 slice - large	280	13	7	0	30	550	26	2	2	12			•					•		•
	Thin Crust	1 slice - small	120	6	3	0	20	240	10	1	1	6			•					•		•
	Thin Crust	1 slice - medium	130	7	4	0	20	280	10	1	1	7			•					•		•
	Thin Crust	1 slice - large	150	7	4	0	20	310	13	1	1	8			•					•		•
	Gluten Free Crust	1 slice	190	7	4	0	20	480	24	1	2	7			•					•		
THE SICILIAN																						
		1 slice - small	240	13	5	0	25	480	22	2	2	10			•					•		•
		1 slice - medium	220	12	5	0	25	450	18	1	2	9			•					•		•
		1 slice - large	230	13	5	0	25	470	18	2	2	9			•					•		•
TUSCAN ROMA																						
	Original Crust	1 slice - small	160	6	4	0	15	220	19	1	1	7			•					•		•
	Original Crust	1 slice - medium	170	7	4	0	20	240	19	1	1	7			•					•		•
	Original Crust	1 slice - large	210	8	5	0	25	290	23	1	1	9			•					•		•
	Skillet Crust	1 slice - small	190	8	4	0	15	240	22	1	1	7			•					•		•
	Skillet Crust	1 slice - medium	200	9	5	0	20	260	21	1	1	8			•					•		•

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TUSCAN ROMA																						
	Skillet Crust	1 slice - large	220	10	5	0	25	300	23	1	1	9			•					•		•
	Stuffed Crust	1 slice - medium	240	13	6	0	25	430	21	1	1	9			•					•		•
	Stuffed Crust	1 slice - large	260	14	7	0	30	470	24	1	1	10			•					•		•
	Thin Crust	1 slice - small	100	5	3	0	15	160	8	0	1	5			•					•		•
	Thin Crust	1 slice - medium	110	6	4	0	20	190	8	0	1	5			•					•		•
	Thin Crust	1 slice - large	140	8	5	0	25	230	11	1	1	6			•					•		•
STARTERS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BREADSTICKS with Marinara		1 order	1430	96	18	0	0	2440	113	8	12	20			•					•		•
CHEESY RANCH STIX with Marinara																						
	Small	1 order	1160	48	19	1	75	1650	137	9	10	42			•					•		•
	Medium	1 order	2060	93	37	2	150	3010	223	14	19	75			•					•		•
	Large	1 order	2890	133	51	2.5	200	4480	311	22	33	102			•					•		•
CHICKEN FRIES		1 order	740	56	10	0	105	1410	27	0	0	35								•		•
LOADED CHEESY RANCH STIX - BEEF																						
	Buffet	1 stick	150	8	4	0	20	210	15	1	1	6			•					•		•
	Small	1 order	1260	55	21	0	90	1860	129	7	7	51			•					•		•
	Medium	1 order	2200	112	41	1	190	3450	201	17	15	88			•					•		•
	Large	1 order	2910	137	56	1	300	4494	270	27	2	117			•					•		•
LOADED CHEESY RANCH STIX - JALAPENO & BACON																						
	Buffet	1 stick	160	8	4	0	20	260	15	1	1	7			•					•		•
	Small	1 order	1290	58	23	0	110	2000	127	6	6	52			•					•		•
	Medium	1 order	2210	114	43	0	230	2560	197	14	14	86			•					•		•
	Large	1 order	2940	139	58	0	350	4680	265	24	0	115			•					•		•
LOADED CHEESY RANCH STIX - JALAPENO & SAUSAGE																						
	Buffet	1 stick	190	10	5	0	20	330	16	1	1	7			•					•		•
	Small	1 order	1310	62	23	0	100	1970	128	7	6	50			•					•		•
	Medium	1 order	2210	119	43	0	200	3440	200	15	15	82			•					•		•
	Large	1 order	2930	144	57	0	310	4500	269	25	1	110			•					•		•
LOADED CHEESY RANCH STIX - PEPPERONI																						
	Buffet	1 stick	160	9	3	0	20	260	14	1	1	6			•					•		•
	Small	1 order	1310	64	25	0	100	1960	126	6	6	48			•					•		•
	Medium	1 order	2300	130	49	0	220	3650	196	14	14	81			•					•		•
	Large	1 order	3037	157	64	0	330	4720	264	24	0	109			•					•		•

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WINGS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
WINGS																						
	Boneless - Unsauced	8 piece	840	56	9	0	95	1410	45	0	0	38	●		●							●
	Boneless - Unsauced	16 piece	1680	112	17	0	190	2820	90	0	0	77	●		●							●
	Traditional - Unsauced	8 piece	740	63	14	0	145	920	5	0	0	44										
	Traditional - Unsauced	16 piece	1490	126	28	0	290	1840	10	0	0	87										
SAUCE FOR WINGS																						
	BBQ Sauce	per 8 wings	100	0	0	0	0	650	24	2	16	2										
	BBQ Sauce	per 16 wings	190	0	0	0	0	1300	49	3	32	3										
	Buffalo Sauce	per 8 wings	0	0	0	0	0	1590	0	0	0	0										
	Buffalo Sauce	per 16 wings	0	0	0	0	0	3180	0	0	0	0										
	Chicken Dipping Sauce	per 8 wings	240	22	3	0	20	560	12	0	10	2	●									
	Chicken Dipping Sauce	per 16 wings	480	44	6	0	40	1120	24	0	20	4	●									
	Garlic Parmesan Sauce	per 8 wings	150	15	2	0	0	830	4	0	0	0			●					●		
	Garlic Parmesan Sauce	per 16 wings	300	30	4	0	0	1660	8	0	0	0			●					●		
	Honey Hot	per 8 wings	90	0	0	0	0	600	25	0	22	0										
	Honey Hot	per 16 wings	190	0	0	0	0	1200	50	0	44	0										
	Mango Habanero Sauce	per 8 wings	170	0	0	0	0	300	20	0	20	0										
	Mango Habanero Sauce	per 16 wings	330	0	0	0	0	600	40	0	40	0										
	Nashville Hot Sauce	per 8 wings	170	15	2	0	0	530	10	2	9	0										
	Nashville Hot Sauce	per 16 wings	340	31	4	0	0	1070	21	3	17	0										
	Sesame Sauce	per 8 wings	160	8	1	0	0	620	23	0	19	0						●		●		●
	Sesame Sauce	per 16 wings	320	16	2	0	0	1230	45	0	39	0						●		●		●
	Sweet Chili Sauce	per 8 wings	120	0	0	0	0	600	30	0	27	0								●		●
	Sweet Chili Sauce	per 16 wings	240	0	0	0	0	1190	60	0	54	0								●		●
	Sweet Teriyaki Sauce	per 8 wings	90	0	0	0	0	950	27	0	24	0						●		●		●
	Sweet Teriyaki Sauce	per 16 wings	180	0	0	0	0	1910	54	0	48	0						●		●		●
WRAPS LISTED WITHOUT CHIPS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BACON CHEESEBURGER WRAP		1 wrap	830	45	16	1	90	2430	66	4	9	38	●		●					●		●
BBQ CHICKEN WRAP		1 wrap	590	15	7	0	65	1720	86	2	20	28			●					●		●
BUFFALO CHICKEN WRAP		1 wrap	630	30	9	0	75	1820	61	3	5	28	●		●	●				●		●
CHICKEN BACON RANCH WRAP		1 wrap	800	45	15	0.5	95	2020	60	3	5	38	●		●	●				●		●
SIDES		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BISCUITS		6 each	1210	55	33	0	0	3520	143	0	11	22			●							●
COLESLAW																						
	Single	1 order	280	23	4	0	20	260	18	3	14	1	●									

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COLESLAW																						
	Family	1 order	1660	135	23	0	115	1580	105	15	83	8	●									
CORN																						
	Single	1 order	180	1	0	0	0	0	38	4	5	5										
	Family	1 order	770	4	0	0	0	0	162	15	23	23										
	Party	1 order	1550	8	0	0	0	0	324	31	46	46										
FRENCH FRIES																						
	Single	1 order	550	34	7	0	0	820	58	3	0	5										●
	Family	1 order	1040	62	13	0	0	1640	116	5	0	10										●
	Party	1 order	2600	154	33	0	0	4110	291	13	0	25										●
GREEN BEANS																						
	Single	1 order	60	0	0	0	0	0	13	5	6	3										
	Family	1 order	250	2	0	0	0	5	55	22	26	13										
	Party	1 order	490	4	1	0	0	15	111	45	51	27										
MAC & CHEESE																						
	Single	1 order	180	9	3	0	5	730	21	1	3	3	●		●							●
	Family	1 order	1100	57	14	1	40	4380	127	4	20	20	●		●							●
MASHED POTATOES with Gravy																						
	3+AF782:AN803	1 order	250	7	2	0	5	1860	39	2	1	2			●					●		●
	Family	1 order	1520	41	8	1	25	12150	238	8	6	11			●					●		●
	Party	1 order	3590	97	20	2	60	28220	563	21	14	27			●					●		●
MASHED POTATOES without Gravy																						
	Single	1 order	130	5	2	0	5	490	20	2	1	2			●					●		
	Family	1 order	690	24	8	1	25	2560	106	8	6	11			●					●		
	Party	1 order	1700	59	20	2	60	6300	261	21	14	27			●					●		
RANCH CHIPS																						
	Single	1 order	270	18	3	0	0	120	24	1	0	2										
	Family	1 order	640	44	6	0	0	280	58	3	0	6										
	Party	1 order	1600	110	16	0	0	700	144	7	0	14										
RANCH POTATO WEDGES																						
	Single	1 order	610	34	7	0	0	1250	68	8	0	8										●
	Family	1 order	1270	70	15	0	0	2600	142	16	0	16										●
	Party	1 order	2380	132	27	0	0	4890	267	30	0	30										●
SALADS		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CHEF SALAD ADD Choice of Dressing		1 salad	430	17	6	0	195	3190	14	3	7	56	●		●					●		

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SALADS												EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CHICKEN FIESTA SALAD ADD Choice of Dressing	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)			●					●		
GARDEN SALAD ADD Choice of Dressing	1 salad	180	7	3	0	70	800	9	3	5	21			●							
ITALIAN CHOP SALAD with Italian Herb Vinaigrette	1 salad	90	5	3	0	15	130	7	3	4	5			●							
TACO SALAD ADD Choice of Dressing	1 salad	770	68	15	0	250	2730	17	5	3	16			●							●
DRESSING POUCH	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
1000 Island (pouch)	1 packet	480	32	4	0	35	770	37	4	9	13	●		●					●		
Blue Cheese (pouch)	1 packet	190	18	3	0	20	350	6	0	6	0	●		●							
Caesar (pouch)	1 packet	230	21	4	0	15	320	2	0	1	1	●		●							
Fat Free French (pouch)	1 packet	170	17	3	0	20	440	3	0	1	2	●	●	●							
Fat Free Ranch (pouch)	1 packet	50	0	0	0	0	470	12	1	10	0			●							
Lite Italian (pouch)	1 packet	40	0	0	0	0	520	10	1	4	0			●							
Ranch (pouch)	1 packet	60	5	1	0	0	310	3	0	3	0			●							
190	20	3	0	15	270	2	0	0	1	●		●									
CREATE YOUR OWN SALAD												EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
LETTUCE	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)										
Chopped Lettuce	1 cup	10	0	0	0	0	5	2	1	1	1										
Romaine Chopped	1 cup	10	0	0	0	0	0	2	1	1	1										
Shredded Lettuce	1 cup	10	0	0	0	0	5	2	1	1	1										
Spinach	1 cup	5	0	0	0	0	25	1	1	0	1										
Spring Mix	1 cup	10	0	0	0	0	15	2	1	1	1										
DRESSING	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)										
1000 Island	2 Tbl	110	10	2	0	5	280	5	0	5	0	●									
Buttermilk Ranch	2 Tbl	140	15	3	0	5	290	2	0	1	0	●		●	●						
Dorothy Lynch Dressing	2 Tbl	100	7	1	0	0	120	9	0	0	1										
French	2 Tbl	140	11	2	0	0	340	11	0	10	0										
Italian Herb Vinaigrette	2 Tbl	120	13	2	0	0	240	1	0	1	0			●							
1000 Island (pouch)	1 packet	190	18	3	0	20	350	6	0	6	0	●									
Blue Cheese (pouch)	1 packet	230	21	4	0	15	320	2	0	1	1	●		●							
Caesar (pouch)	1 packet	170	17	3	0	20	440	3	0	1	2	●	●	●							
Fat Free French (pouch)	1 packet	50	0	0	0	0	470	12	1	10	0										
Fat Free Ranch (pouch)	1 packet	40	0	0	0	0	520	10	1	4	0			●							
Lite Italian (pouch)	1 packet	60	5	1	0	0	310	3	0	3	0										
Ranch (pouch)	1 packet	190	20	3	0	15	270	2	0	0	1	●		●							
PROTEIN	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)										
Bacon Diced	2 oz	240	16	8	0	80	850	0	0	0	16										
Classic Pepperoni	2 oz	280	26	11	0	65	1060	0	0	0	9										

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CREATE YOUR OWN SALAD		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
PROTEIN																						
	Hard Boiled Eggs	2 oz	80	5	2	0	230	75	2	0	0	7	•									
	Pickled Herring	2 oz	90	4	1	0	30	640	7	1	5	8		•								
	Pulled Chicken	2 oz	140	9	3	0	65	320	3	0	1	10								•		•
VEGETABLES																						
	Baby Carrots	2 pieces	5	0	0	0	0	15	2	1	1	0										
	Broccoli	1/2 cup	30	0	0	0	0	15	5	3	1	3										
	Cauliflower	1/2 cup	15	0	0	0	0	15	3	1	1	1										
	Celery Sticks	4 pieces	5	0	0	0	0	15	0	0	0	0										
	Cherry Tomatoes	2 pieces	5	0	0	0	0	0	1	0	1	0										
	Cucumbers	1/2 cup	10	0	0	0	0	0	2	0	1	0										
	Fresh Mushrooms	1/2 cup	10	0	0	0	0	0	1	0	1	1										
	Grape Tomatoes	2 pieces	5	0	0	0	0	0	1	0	1	0										
	Green Olives	1 Tbl	15	0	0	0	0	10	0	0	0	0										
	Green Peas	1/4 cup	30	0	0	0	0	0	2	0	2	2										
	Green Peppers	2 oz	10	0	0	0	0	0	3	1	1	0										
	Radish	2 oz	10	0	0	0	0	20	2	1	1	0										
	Red Bell Peppers	2 oz	20	0	0	0	0	0	3	1	2	1										
	Red Onions	1/4 cup	10	0	0	0	0	0	3	0	1	0										
ADD-ONS/CONDIMENTS																						
	Bacon Bits	1 Tbl	30	1	0	0	0	120	2	0	0	3								•		
	Banana Peppers	1 Tbl	0	0	0	0	0	75	0	0	0	0										
	Black Olives	1 Tbl	15	0	0	0	0	10	0	0	0	0										
	Cheddar Cheese	1/4 cup	30	3	2	0	5	45	0	0	0	2			•							
	Croutons	1 Tbl	15	1	0	0	0	45	3	0	0	1			•							•
	Pickled Beets	1/4 cup	15	0	0	0	0	85	5	1	3	1										
	Jalapenos	1 Tbl	0	0	0	0	0	60	0	0	0	0										
	Raisins	1 Tbl	25	0	0	0	0	0	7	0	5	0										
	Sunflower Seeds	1 Tbl	50	5	1	0	0	40	2	0	0	2										
	Taco Chips	2 chips	25	1	0	0	0	30	3	0	0	0			•							
PASTA		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
PASTA with Marinara																						
	Single	1 order	220	9	2	0	0	590	32	6	5	5								•		•
	Family	1 order	1030	40	6	0	0	1550	150	19	13	23								•		•
PASTA DINNER Includes Breadstick		1 order	880	42	9	0	10	1380	108	12	9	19			•					•		•

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THE COUNTRY'S BEST CHICKEN												EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)											
CHICKEN DINNERS LISTED WITHOUT SIDE & BISCUIT																					
2 PC - Breast, Leg	chicken only	360	18	4.5	0	180	960	7	1	3	42								•		•
2 PC (All Dark) - Thigh, Leg	chicken only	300	19	5	0	155	710	6	1	2	26								•		•
2 PC (All White) - Breast, Wing	chicken only	360	19	4.5	0	165	950	8	1	2	39								•		•
4 PC (All Dark) - Thigh, Leg	chicken only	600	38	10	0	310	1410	12	1	4	53								•		•
4 PC (All White) - Breast, Wing	chicken only	710	37	9	0	330	1900	16	2	4	78								•		•
CHICKEN TENDERS LISTED WITHOUT SIDE & DIPPING SAUCE																					
3 Chicken Tenders	1 order	460	28	4.5	0	50	2280	28	2	2	24								•		•
5 Chicken Tenders	1 order	760	47	8	0	80	3810	47	3	4	40								•		•
SIDES																					
Biscuit	1 each	200	9	6	0	0	590	24	0	2	4			•							•
Corn	1 order	180	1	0	0	0	0	38	4	5	5										
French Fries	1 order	550	34	7	0	0	820	58	3	0	5										•
Green Beans	1 order	60	0	0	0	0	0	13	5	6	3										
Mashed Potatoes & Gravy	1 order	250	7	2	0	5	1860	39	2	1	2			•					•		•
Mashed Potatoes without Gravy	1 order	130	5	2	0	5	490	20	2	1	2			•					•		
Ranch Chips	1 order	270	18	3	0	0	120	24	1	0	2										
Ranch Wedges	1 order	610	34	7	0	0	1250	68	8	0	8										•
CHICKEN BOXES																					
8 Pieces	1 order	1310	75	19	0	640	3310	28	3	8	130								•		•
12 Pieces	1 order	1960	113	28	0.5	955	4970	42	5	12	196								•		•
10 Chicken Tenders without Dipping Sauce	1 order	1530	94	15	0	160	7610	94	7	8	81								•		•
24 Chicken Tenders without Dipping Sauce	1 order	3670	226	36	0	385	18270	225	16	20	193								•		•
SAUCES												EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)											
BBQ	2 oz.	100	0	0	0	0	650	24	2	16	2										
BUFFALO	2 oz.	0	0	0	0	0	1590	0	0	0	0										
CHICKEN DIPPER	2 oz.	240	22	3	0	20	560	12	0	10	2	•									
GARLIC PARMESAN	2 oz.	150	15	2	0	0	830	4	0	0	0			•					•		
HONEY HOT	2 oz.	100	0	0	0	0	600	25	0	22.1	0										
HONEY MUSTARD	2 oz.	250	20	4	0	30	270	11	0	11	0	•									
MANGO HABANERO	2 oz.	170	0	0	0	0	300	20	0	20	0										
NASHVILLE HOT	2 oz.	170	15	2	0	0	530	10	2	9	0										
SESAME	2 oz.	160	8	1	0	0	620	23	0	19	0						•		•		•
SWEET CHILI	2 oz.	120	0	0	0	0	600	30	0	27	0								•		•
SWEET TERIYAKI	2 oz.	90	0	0	0	0	950	27	0	24	0						•		•		•

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DESSERT	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CACTUS BREAD																					
	Small	1 slice	180	5	2	0	0	140	30	1	11	3			●				●		●
	Medium	1 slice	190	6	2	0	0	150	32	1	11	4			●				●		●
	Large	1 slice	190	6	2	0	0	150	31	1	10	3			●				●		●
CHOCOLATE CHIP COOKIE	1 slice	160	8	5	0	5	110	23	0	15	1	●		●					●		●
DESSERT PIZZA - APPLE																					
	Small	1 slice	140	3	1	0	0	105	26	1	8	3			●				●		●
	Medium	1 slice	160	4	1	0	0	115	29	1	10	3			●				●		●
	Large	1 slice	160	4	1	0	0	115	29	1	9	3			●				●		●
DESSERT PIZZA - BLUEBERRY																					
	Small	1 slice	140	3	1	0	0	110	27	1	8	3			●				●		●
	Medium	1 slice	160	4	1	0	0	125	30	1	10	3			●				●		●
	Large	1 slice	160	4	1	0	0	125	29	1	9	3			●				●		●
DESSERT PIZZA - CHERRY																					
	Small	1 slice	140	3	1	0	0	110	25	1	7	3			●				●		●
	Medium	1 slice	170	4	1	0	0	125	30	1	10	3			●				●		●
	Large	1 slice	160	4	1	0	0	125	29	1	9	3			●				●		●
DESSERT PIZZA - PEACH																					
	Small	1 slice	140	3	1	0	0	110	25	1	7	3			●				●		●
	Medium	1 slice	160	4	1	0	0	130	30	1	9	3			●				●		●
	Large	1 slice	150	4	1	0	0	120	30	1	9	3			●				●		●
BRUNCH BAR	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BACON	3 slices	160	14	5	0	40	500	0	0	0	10										
BELGIAN WAFFLE	1 piece	180	6	1	0	35	370	27	1	6	4	●		●					●		●
BISCUIT	1 each	200	9	6	0	0	590	24	0	2	4			●							●
EGG BAKE CASSEROLE	1/2 cup	210	15	7	0	260	590	4	0	0	14	●		●							
FRENCH TOAST STICKS	4 sticks	300	14	3	0	0	390	39	1	8	5								●		●
SAUSAGE GRAVY	1/4 cup	60	3.5	1.5	0	5	250	4	0	0	2			●					●		●
SAUSAGE LINKS	2 pieces	200	18	6	0	40	320	2	0	0	6										
SCRAMBLED EGGS	1/2 cup	120	8	2.5	0	255	350	3	0	0	8	●		●							
SYRUP	5 Tbl	350	0	0	0	0	160	87	0	48	0										
HOT BAR	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
ALFREDO SAUCE	2 fl. oz.	120	12	8	0	30	280	3	0	0	2			●							●
BISCUIT	1 each	200	9	6	0	0	590	24	0	2	4			●							●
BREADSTICK	1 piece	230	16	3	0	0	360	17	1	1	3			●					●		●

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BROASTED CHICKEN																						
	Breast	1 breast	270	13	4	0	125	730	5	1	2	32								•		•
	Drumstick	1 drumstick	90	5	1	0	55	220	2	0	1	11								•		•
	Thigh	1 thigh	210	14	4	0	100	480	4	1	1	16								•		•
	Wing	1 wing	90	5	2	0	40	220	3	0	0	7								•		•
BROASTED SAUCY CHICKEN																						
	BBQ																					
	Breast	1 breast	330	13	4	0	125	1120	20	2	12	33								•		•
	Drumstick	1 drumstick	150	5	1	0	55	610	16	1	10	12								•		•
	Thigh	1 thigh	270	14	4	0	100	870	19	1	11	17								•		•
	BBQ																					
	Wing	1 wing	150	5	2	0	40	610	17	1	10	8								•		•
BUFFALO																						
	Breast	1 breast	270	13	4	0	125	1530	5	1	2	32								•		•
	Drumstick	1 drumstick	90	5	1	0	55	1020	2	0	1	11								•		•
	Thigh	1 thigh	210	14	4	0	100	1280	4	1	1	16								•		•
	Wing	1 wing	90	5	2	0	40	1010	3	0	0	7								•		•
GARLIC PARMESAN																						
	Breast	1 breast	360	22	5	0	125	1230	7	1	2	32			•					•		•
	Drumstick	1 drumstick	180	14	2	0	55	720	4	0	1	11			•					•		•
	Thigh	1 thigh	300	23	5	0	100	980	7	1	1	16			•					•		•
	Wing	1 wing	180	14	3	0	40	720	5	0	0	7			•					•		•
HONEY HOT																						
	Breast	1 breast	320	13	3	0	120	1090	20	1	15	32								•		•
	Drumstick	1 drumstick	150	5	1	0	60	580	17	0	14	11								•		•
	Thigh	1 thigh	270	14	4	0	100	840	20	0.5	15	16								•		•
	Wing	1 wing	140	5	1	0	42	580	18	0	13	7								•		•
MANGO HABANERO																						
	Breast	1 breast	370	13	4	0	125	910	17	1	14	32								•		•
	Drumstick	1 drumstick	190	5	1	0	55	400	14	0	13	11								•		•
	Thigh	1 thigh	310	14	4	0	100	660	16	1	13	16								•		•
	Wing	1 wing	190	5	2	0	40	400	15	0	12	7								•		•
NASHVILLE HOT																						
	Breast	1 breast	370	22	5	0	125	1050	11	2	7	32								•		•
	Drumstick	1 drumstick	190	14	2	0	60	540	8	1	6	11								•		•
	Thigh	1 thigh	310	23	5	0	100	800	10	2	6	16								•		•

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HOT BAR		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BROASTED SAUCY CHICKEN																						
NASHVILLE HOT																						
	Wing	1 wing	190	14	3	0	40	540	9	1	5	7								●		●
SESAME																						
	Breast	1 breast	400	20	4	0	125	1230	23	1	18	32						●		●		●
	Drumstick	1 drumstick	220	11	2	0	55	710	20	0	16	11						●		●		●
	Thigh	1 thigh	340	21	5	0	100	980	23	1	17	16						●		●		●
	Wing	1 wing	220	12	2	0	40	710	21	0	16	7						●		●		●
SWEET CHILI																						
	Breast	1 breast	340	13	4	0	125	1090	23	1	18	32								●		●
	Drumstick	1 drumstick	160	5	1	0	55	580	19	0	17	11								●		●
	Thigh	1 thigh	280	14	4	0	100	840	22	1	17	16								●		●
	Wing	1 wing	160	5	2	0	40	580	21	0	16	7								●		●
SWEET TERIYAKI																						
	Breast	1 breast	320	13	4	0	125	1310	21	1	16	32						●		●		●
	Drumstick	1 drumstick	140	5	1	0	55	790	18	0	15	11						●		●		●
	Thigh	1 thigh	260	14	4	0	100	1060	21	1	16	16						●		●		●
	Wing	1 wing	140	5	2	0	40	790	19	0	14	7						●		●		●
CAJUN CORN		1/4 cup	70	4	2	0	10	100	9	1	1	2			●							●
CHEESY MASHED POTATOES		1/4 cup	100	5	2	0	10	320	11	1	1	3			●					●		
CHICKEN FRIES		1 chicken fry	45	4	1	0	5	90	2	0	0	2								●		●
CHICKEN GRAVY		1/4 cup	30	1	0	0	0	330	5	0	0	0			●					●		●
CHICKEN TENDER		1 each	150	9	1.5	0	15	760	9	<1	<1	8								●		●
CHICKEN WINGS																						
	Boneless - Unsauced	1 each	100	7	0	0	10	180	6	0	0	5	●		●							●
	Traditional - Unsauced	1 each	110	8	2	0	20	150	0	0	0	7										
CHICKEN WINGS with Sauces																						
BBQ																						
	Boneless	1 each	120	7	1	0	10	260	9	0	2	5	●		●							●
	Traditional	1 each	120	8	2	0	20	230	3	0	2	7										
BUFFALO																						
	Boneless	1 each	100	7	1	0	10	370	6	0	0	5	●		●							●
	Traditional	1 each	110	8	2	0	20	350	0	0	0	7										
GARLIC PARMESAN																						
	Boneless	1 each	120	9	1	0	10	280	6	0	0	5	●		●					●		●
	Traditional	1 each	120	10	2	0	20	250	1	0	0	7			●					●		

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HOT BAR			Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
CHICKEN WINGS with Sauces																							
HONEY HOT																							
	Boneless	1 each	120	7	1	0	12	250	9	0	3	5	●		●								●
	Traditional	1 each	120	8	2	0	20	220	9	0	3	7											
MANGO HABANERO																							
	Boneless	1 each	130	7	1	0	10	210	8	0	3	5	●		●								●
	Traditional	1 each	130	8	2	0	20	190	3	0	3	7											
NASHVILLE HOT																							
	Boneless	1 each	130	9	1	0	10	240	7	0	1		●		●								●
	Traditional	1 each	130	10	2	0	20	220	1	0	1	7											
SESAME																							
	Boneless	1 each	130	8	1	0	10	250	8	0	2	5	●		●				●		●		●
	Traditional	1 each	130	9	2	0	20	230	3	0	2	7							●		●		●
SWEET CHILI																							
	Boneless	1 each	120	7	0	0	10	250	9	0	3	5	●		●						●		●
	Traditional	1 each	120	8	2	0	20	220	4	0	3	7									●		●
SWEET TERIYAKI																							
	Boneless	1 each	120	7	1	0	10	300	9	0	3	5	●		●				●		●		●
	Traditional	1 each	120	8	2	0	20	270	3	0	3	7							●		●		●
CORN		1/2 cup	90	0	0	0	0	0	19	2	3	3											
FRENCH FRIES		1/3 cup	170	10	2	0	0	260	19	1	0	2											●
FRIED POLLOCK		1 piece	100	6	1	0	15	200	7	0	0	5		●	●								●
GREEN BEAN CASSEROLE		1/2 cup	130	5	1.5	0	0	660	16	6	1	4			●						●		●
GREEN BEANS		1/2 cup	20	0	0	0	0	0	5	2	2	1											
GREEN PEAS		1/2 cup	60	0	0	0	0	60	11	4	4	4											
MAC N CHEESE		1/4 cup	80	4	1	0	5	310	9	0	1	1	●		●								●
MASHED POTATOES		1/4 cup	80	3	1	0	5	300	12	1	1	1			●						●		
RANCH CHIPS		3 ounces	200	14	2	0	0	90	18	1	0	2											
RANCH POTATO WEDGE		1 wedge	80	5	1	0	0	170	9	1	0	1											●
ROTINI PASTA		1/4 cup	100	4	1	0	0	40	15	1	0	2									●		●
STUFFING		1/2 cup	150	6	1	0	0	540	23	1	2	3				●			●		●		●
SOUP																							
	Broccoli Cheese	4 fl. oz.	130	10	6	0	30	450	5	0	1	3			●								●
	Chicken & Wild Rice	4 fl. oz.	120	7	4	0	25	525	10	<1	1	2			●								●
	Chicken Noodle	4 fl. oz.	35	1	0	0	10	400	5	0	0	2	●								●		●
	Chicken Tortilla	4 fl. oz.	60	3	1	0	10	660	7	0	1	3			●								●

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SOUP																							
Chili With Beans			4 fl. oz.	110	5	2	0	20	410	11	3	4	8								●		●
SWEET MARINARA SAUCE			1/4 cup	45	2.5	0	0	0	280	6	2	2	1										
SALAD BAR			Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
APPLESAUCE			1/4 cup	45	0	0	0	0	0	12	2	9	0										
BABY CARROTS			2 pieces	5	0	0	0	0	15	2	1	1	0										
BACON DICED			2 oz	240	16	8	0	80	850	0	0	0	16										
BANANA PEPPERS			1 Tbl	0	0	0	0	0	75	0	0	0	0										
BLACK OLIVES			1 Tbl	15	0	0	0	0	10	0	0	0	0										
BROCCOLI			1/2 cup	30	0	0	0	0	15	5	3	1	3										
CAULIFLOWER			1/2 cup	15	0	0	0	0	15	3	1	1	1										
CELERY STICKS			4 pieces	5	0	0	0	0	15	0	0	0	0										
CHEDDAR CHEESE			1/4 cup	30	3	2	0	5	45	0	0	0	2			●							
CHERRY JELLO			1/4 cup	35	0	0	0	0	45	9	0	9	1										
CHERRY TOMATOES			2 pieces	5	0	0	0	0	0	1	0	1	0										
CHOCOLATE PUDDING			1/4 cup	60	2	0	0	0	95	12	1	8	1			●							
CHOPPED LETTUCE			1 cup	10	0	0	0	0	5	2	1	1	1										
CLASSIC PEPPERONI			2 oz	280	26	11	0	65	1060	0	0	0	9										
COLESLAW			1/4 cup	110	9	2	0	10	105	7	1	6	1	●									
COTTAGE CHEESE			1/2 cup	90	3	2	0	15	460	4	0	4	14			●							
CUCUMBERS			1/2 cup	10	0	0	0	0	0	2	0	1	0										
DILL PICKLE SPEARS			1 piece	0	0	0	0	0	290	0	0	0	0										
FRESH MUSHROOMS			1/2 cup	10	0	0	0	0	0	1	0	1	1										
GRAPE TOMATOES			2 pieces	5	0	0	0	0	0	1	0	1	0										
GRAPES			1/2 cup	50	0	0	0	0	0	14	1	12	1										
GREEN OLIVES			1 Tbl	15	0	0	0	0	10	0	0	0	0										
GREEN PEAS			1/4 cup	30	0	0	0	0	0	2	0	2	2										
GREEN PEPPERS			2 oz	10	0	0	0	0	0	3	1	1	0										
HARD BOILED EGGS			2 oz	80	5	2	0	230	75	2	0	0	7	●									
ITALIAN CHOP SALAD WITHOUT DRESSING			3 oz	70	4.5	2	0	10	270	2	1	1	4			●							
JALAPENOS			1 Tbl	0	0	0	0	0	60	0	0	0	0										
MACARONI SALAD			1/4 cup	120	6	1	0	10	270	13	0	6	1	●		●							●
MANDARIN ORANGES IN LIGHT SYRUP			1/2 cup	80	0	0	0	0	10	21	1	20	1										
ORANGE JELLO			1/4 cup	35	0	0	0	0	45	9	0	9	1										
PEACHES IN LIGHT SYRUP			1/2 cup	80	0	0	0	0	0	20	1	19	1										
PEARS IN LIGHT SYRUP			1/2 cup	60	0	0	0	0	10	14	2	12	0										

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PICKLED BEETS		1/4 cup	15	0	0	0	0	85	5	1	3	1										
PICKLED HERRING		2 oz	90	4	1	0	30	640	7	1	5	8		●								
PINEAPPLE TIDBITS		1/2 cup	70	0	0	0	0	25	17	1	15	1										
POTATO SALAD		1/4 cup	90	0.5	1	0	5	180	14	1	5	1	●									
PULLED CHICKEN		2 oz	140	9	3	0	65	320	3	0	1	10								●		●
RADISH		2 oz	10	0	0	0	0	20	2	1	1	0										
RAISINS		1 Tbl	25	0	0	0	0	0	7	0	5	0										
RED BELL PEPPERS		2 oz	20	0	0	0	0	0	3	1	2	1										
RED ONIONS		1/4 cup	10	0	0	0	0	0	3	0	1	0										
ROMAINE CHOPPED		1 cup	10	0	0	0	0	0	2	1	1	1										
SHREDDED LETTUCE		1 cup	10	0	0	0	0	5	2	1	1	1										
SPINACH		1 cup	5	0	0	0	0	25	1	1	0	1										
SPRING MIX		1 cup	10	0	0	0	0	15	2	1	1	1										
STRAWBERRY LOW FAT YOGURT		1/2 cup	90	0	0	0	0	65	20	0	15	4			●							
VANILLA PUDDING		1/4 cup	60	2	0	0	0	105	13	0	8	0			●							
DRESSINGS													EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
	1000 Island	2 Tbl	110	10	2	0	5	280	5	0	5	0	●									
	Buttermilk Ranch	2 Tbl	140	15	3	0	5	290	2	0	1	0	●		●	●						
	Dorothy Lynch Dressing	2 Tbl	100	7	1	0	0	120	9	0	0	1										
	French	2 Tbl	140	11	2	0	0	340	11	0	10	0										
	Italian Herb Vinaigrette	2 Tbl	120	13	2	0	0	240	1	--	1	0			●							
	1000 Island (pouch)	1 packet	190	18	3	0	20	350	6	0	6	0	●									
	Blue Cheese (pouch)	1 packet	230	21	4	0	15	320	2	0	1	1	●		●							
	Caesar (pouch)	1 packet	170	17	3	0	20	440	3	0	1	2	●	●	●							
	Fat Free French (pouch)	1 packet	50	0	0	0	0	470	12	1	10	0										
	Fat Free Ranch (pouch)	1 packet	40	0	0	0	0	520	10	1	4	0			●							
	Lite Italian (pouch)	1 packet	60	5	1	0	0	310	3	0	3	0										
	Ranch (pouch)	1 packet	190	20	3	0	15	270	2	0	0	1	●		●							
CONDIMENTS																						
	Bacon Bits	1 Tbl	30	1	0	0	0	120	2	0	0	3								●		
	Butter Packets	1 packet	35	4	3	0	10	30	0	0	0	0			●							
	Chow Mein Noodles	1 Tbl	35	2	0	0	0	65	5	1	0	1										●
	Churn Spread	1 cup	30	4	1	0	0	30	0	0	0	0			●					●		
	Club Crackers	1 packet	35	2	0	0	0	65	5	0	1	1								●		●
	Croutons	1 Tbl	15	1	0	0	0	45	3	0	0	1			●							●
	Sour Cream	1 packet	60	5	3	0	20	15	2	0	1	1			●							

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CONDIMENTS																						
	Sunflower Seeds	1 Tbl	50	5	1	0	0	40	2	0	0	2										
	Taco Chips	2 chips	25	1	0	0	0	30	3	0	0	0			•							
	Zesta Crackers	1 packet	25	1	0	0	0	60	5	0	0	0								•		•
DESSERT BAR		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
APPLE CRISP		4 oz	270	11	3.5	0	0	170	40	2	23	2			•					•		•
CACTUS BREAD																						
	Small	1 slice	180	5	2	0	0	140	30	1	12	3			•					•		•
	Medium	1 slice	190	6	2	0	0	150	32	1	11	3			•					•		•
	Large	1 slice	190	6	2	0	0	150	31	1	10	3			•					•		•
CHOCOLATE CHIP COOKIE		1 slice	160	8	5	0	5	110	23	0	15	1	•		•					•		•
DESSERT PIZZA - APPLE																						
	Small	1 slice	140	3	1	0	0	105	26	1	8	3			•					•		•
	Medium	1 slice	160	4	1	0	0	115	29	1	10	3			•					•		•
	Large	1 slice	160	4	1	0	0	115	29	1	9	3			•					•		•
DESSERT PIZZA - BLUEBERRY																						
	Small	1 slice	140	3	1	0	0	110	27	1	8	3			•					•		•
	Medium	1 slice	160	4	1	0	0	125	30	1	10	3			•					•		•
	Large	1 slice	160	4	1	0	0	125	29	1	9	3			•					•		•
DESSERT PIZZA - CHERRY																						
	Small	1 slice	140	3	1	0	0	110	25	1	7	3			•					•		•
	Medium	1 slice	170	4	1	0	0	125	30	1	10	3			•					•		•
	Large	1 slice	160	4	1	0	0	125	29	1	9	3			•					•		•
DESSERT PIZZA - PEACH																						
	Small	1 slice	140	3	1	0	0	110	25	1	7	3			•					•		•
	Medium	1 slice	160	4	1	0	0	130	30	1	9	3			•					•		•
	Large	1 slice	150	4	1	0	0	120	30	1	9	3			•					•		•
SOFT SERVE ICE CREAM																						
	Chocolate Ice Cream	.5 cup	130	5	3	0	20	90	20	1	17	3			•							
	Vanilla Ice Cream	.5 cup	130	5	3	0	20	85	19	0	17	3			•							
	Ice Cream Cone Only	1 each	20	0	0	0	0	5	4	0	0	0										•
CATERING Serves 15		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
ALFREDO PASTA BAKE		1 pan	5520	294	162	7	835	8630	453	30	23	192			•					•		•
GARDEN SALAD WITHOUT DRESSING		1 pan	460	20	11	0.5	55	610	56	15	27	28			•							
GREEN BEAN CASSEROLE		1 pan	2730	111	38	0.5	100	14420	356	129	32	78			•					•		•

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CATERING Serves 15			Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
MARINARA PASTA BAKE			1 pan	5050	241	79	3	370	11560	560	88	71	186			●					●		●
COFFEE			Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
REGULAR			12 fl. oz.	5	0	0	0	0	5	0	0	0	0										
DECAF			12 fl. oz.	0	0	0	0	0	5	0	0	0	0										
HAZELNUT			12 fl. oz.	5	0	0	0	0	5	0	0	0	0										
FOUNTAIN DRINKS			Svg. Size without ice	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
BRISK RASPBERRY ICED TEA																							
	Glass	18 fl. oz.	100	0	0	0	0	0	75	27	0	27	0										
	Kid Cup	10 fl. oz.	60	0	0	0	0	0	40	15	0	15	0										
	To-Go Cup	16 fl. oz.	90	0	0	0	0	0	65	24	0	24	0										
	To-Go Cup	21 fl. oz.	120	0	0	0	0	0	85	31	0	31	0										
BRISK UNSWEETENED ICED TEA																							
	Glass	18 fl. oz.	0	0	0	0	0	0	75	0	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	0	40	0	0	0	0										
	To-Go Cup	16 fl. oz.	0	0	0	0	0	0	70	0	0	0	0										
	To-Go Cup	21 fl. oz.	0	0	0	0	0	0	90	0	0	0	0										
CANE BREW - SWEET TEA																							
	Glass	18 fl. oz.	260	0	0	0	0	0	60	66	0	60	0										
	Kid Cup	10 fl. oz.	140	0	0	0	0	0	35	37	0	33	0										
	To-Go Cup	16 fl. oz.	230	0	0	0	0	0	55	59	0	53	0										
	To-Go Cup	21 fl. oz.	300	0	0	0	0	0	70	77	0	70	0										
CANE BREW - UNSWEET TEA																							
	Glass	18 fl. oz.	0	0	0	0	0	0	0	0	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	0	0	0	0	0	0										
	To-Go Cup	16 fl. oz.	0	0	0	0	0	0	0	0	0	0	0										
	To-Go Cup	21 fl. oz.	0	0	0	0	0	0	0	0	0	0	0										
DIET MOUNTAIN DEW																							
	Glass	18 fl. oz.	5	0	0	0	0	0	85	<1	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	0	45	0	0	0	0										
	To-Go Cup	16 fl. oz.	5	0	0	0	0	0	75	<1	0	0	0										
	To-Go Cup	21 fl. oz.	10	0	0	0	0	0	95	<1	0	<1	0										
DIET PEPSI																							
	Glass	18 fl. oz.	0	0	0	0	0	0	85	0	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	0	45	0	0	0	0										
	To-Go Cup	16 fl. oz.	0	0	0	0	0	0	75	0	0	0	0										

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FOUNTAIN DRINKS		Svg. Size without ice	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
DIET PEPSI																						
	To-Go Cup	21 fl. oz.	0	0	0	0	0	100	0	0	0	0										
DR PEPPER																						
	Glass	18 fl. oz.	220	-	-	-	-	-	-	-	-	-										
	Kid Cup	10 fl. oz.	120	-	-	-	-	-	-	-	-	-										
	To-Go Cup	16 fl. oz.	190	-	-	-	-	-	-	-	-	-										
	To-Go Cup	21 fl. oz.	250	-	-	-	-	-	-	-	-	-										
MOUNTAIN DEW																						
	Glass	18 fl. oz.	250	0	0	0	0	80	66	0	66	0										
	Kid Cup	10 fl. oz.	140	0	0	0	0	45	37	0	37	0										
	To-Go Cup	16 fl. oz.	220	0	0	0	0	70	59	0	58	0										
	To-Go Cup	21 fl. oz.	290	0	0	0	0	90	77	0	77	0										
MOUNTAIN DEW ZERO SUGAR																						
	Glass	18 fl. oz.	0	0	0	0	0	70	0	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	40	0	0	0	0										
	To-Go Cup	16 fl. oz.	0	0	0	0	0	65	0	0	0	0										
	To-Go Cup	21 fl. oz.	0	0	0	0	0	80	<1	0	0	0										
MUG ROOT BEER																						
	Glass	18 fl. oz.	220	0	0	0	0	70	59	0	59	0										
	Kid Cup	10 fl. oz.	120	0	0	0	0	40	33	0	33	0										
	To-Go Cup	16 fl. oz.	190	0	0	0	0	60	52	0	52	0										
	To-Go Cup	21 fl. oz.	250	0	0	0	0	80	69	0	68	0										
PEPSI																						
	Glass	18 fl. oz.	230	0	0	0	0	50	62	0	62	0										
	Kid Cup	10 fl. oz.	130	0	0	0	0	25	35	0	34	0										
	To-Go Cup	16 fl. oz.	200	0	0	0	0	45	55	0	55	0										
	To-Go Cup	21 fl. oz.	270	0	0	0	0	55	72	0	72	0										
PEPSI ZERO SUGAR																						
	Glass	18 fl. oz.	0	0	0	0	0	95	0	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	55	0	0	0	0										
	To-Go Cup	16 fl. oz.	0	0	0	0	0	85	0	0	0	0										
	To-Go Cup	21 fl. oz.	0	0	0	0	0	110	0	0	0	0										
STARRY																						
	Glass	18 fl. oz.	220	0	0	0	0	50	58	0	58	0										
	Kid Cup	10 fl. oz.	120	0	0	0	0	30	32	0	32	0										

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FOUNTAIN DRINKS		Svg. Size without ice	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
STARRY																						
	To-Go Cup	16 fl. oz.	200	0	0	0	0	45	52	0	52	0										
	To-Go Cup	21 fl. oz.	260	0	0	0	0	60	68	0	68	0										
STARRY ZERO SUGAR																						
	Glass	18 fl. oz.	5	0	0	0	0	55	0	0	0	0										
	Kid Cup	10 fl. oz.	0	0	0	0	0	30	0	0	0	0										
	To-Go Cup	16 fl. oz.	5	0	0	0	0	50	0	0	0	0										
	To-Go Cup	21 fl. oz.	10	0	0	0	0	65	0	0	0	0										
TROPICANA FRUIT PUNCH																						
	Glass	18 fl. oz.	250	0	0	0	0	50	68	0	67	0										
	Kid Cup	10 fl. oz.	140	0	0	0	0	30	38	0	37	0										
	To-Go Cup	16 fl. oz.	230	0	0	0	0	45	60	0	60	0										
	To-Go Cup	21 fl. oz.	300	0	0	0	0	60	79	0	79	0										
TROPICANA LEMONADE																						
	Glass	18 fl. oz.	230	0	0	0	0	230	60	0	60	0										
	Kid Cup	10 fl. oz.	130	0	0	0	0	130	33	0	33	0										
	To-Go Cup	16 fl. oz.	200	0	0	0	0	210	53	0	53	0										
	To-Go Cup	21 fl. oz.	270	0	0	0	0	270	70	0	70	0										
MILK		Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT
1% MILK																						
	Glass	18 fl. oz.	230	5	4	0	25	240	27	0	27	19			●							
	Kid Cup	10 fl. oz.	130	3	2	0	15	135	15	0	15	10			●							
	To-Go Cup	16 fl. oz.	200	5	3	0	25	210	24	0	24	16			●							
	To-Go Cup	21 fl. oz.	270	6	4	0	30	280	32	0	32	22			●							
2% MILK																						
	Glass	18 fl. oz.	280	11	7	0	45	260	27	0	27	18			●							
	Kid Cup	10 fl. oz.	150	6	4	0	25	140	15	0	15	10			●							
	To-Go Cup	16 fl. oz.	250	10	6	0	40	230	24	0	24	16			●							
	To-Go Cup	21 fl. oz.	320	13	8	0.5	50	300	31	0	31	21			●							
1% CHOCOLATE MILK																						
	Glass	18 fl. oz.	290	6	4	0	35	410	43	0	41	18			●							
	Kid Cup	10 fl. oz.	160	3	2	0	20	230	24	0	23	10			●							
	To-Go Cup	16 fl. oz.	260	5	3	0	30	360	38	0	36	16			●							
	To-Go Cup	21 fl. oz.	340	7	4	0	40	470	50	0	47	21			●							

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MILK												Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	EGG	FISH	MILK	MSG	PEANUT	SESAME	SHELLFISH	SOY	TREE NUT	WHEAT						
SKIM CHOCOLATE MILK																																						
	Glass	18 fl. oz.	270	0	0	0	10	450	45	0	43	18			●																							
	Kid Cup	10 fl. oz.	150	0	0	0	5	250	25	0	24	10			●																							
	To-Go Cup	16 fl. oz.	240	0	0	0	10	400	40	0	38	16			●																							
	To-Go Cup	21 fl. oz.	320	0	0	0	15	530	53	0	50	21			●																							
WHOLE MILK																																						
	Glass	18 fl. oz.	330	18	10	--	55	240	26	0	26	17			●																							
	Kid Cup	10 fl. oz.	190	10	6	--	30	130	15	0	15	10			●																							
	To-Go Cup	16 fl. oz.	300	16	9	--	50	210	23	0	23	15			●																							
	To-Go Cup	21 fl. oz.	390	21	12	--	65	280	31	0	31	20			●																							
BEER													Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)															
ALASKAN AMBER													12 fl oz	190	0	0	0	0	0	17	0	0	0															
BLUE MOON													12 fl oz	170	0	0	0	0	15	14	0	11	2															
BUDWEISER													12 fl oz	150	0	0	0	--	--	11	--	--	1															
BUDWEISER LIGHT													12 fl oz	110	0	0	0	--	--	7	--	0	1															
BUSCH LIGHT													12 fl oz	100	0	0	0	--	--	3	--	--	1															
CITRADELIC TANGERINE IPA													12 fl oz	180	0	0	0	0	0	17	0	0	0															
COORS BANQUET													12 fl oz	150	0	0	0	--	15	12	--	--	1															
COORS LIGHT													12 fl oz	100	0	0	0	0	10	5	0	--	1															
CORONA													12 fl oz	150	0	0	0	0	15	14	0	4	1															
LEINENKUGEL													12 fl oz	150	0	0	0	--	15	15	--	--	1															
MICHELOB GOLDEN													12 fl oz	120	0	0	0	0	10	7	--	--	1															
MICHELOB ULTRA													12 fl oz	100	0	0	0	--	--	3	--	--	1															
MILLER LITE													12 fl oz	100	0	0	0	0	5	3	--	--	1															
PABST BLUE RIBBON													12 fl oz	140	0	0	0	0	10	12	0	4	0															
REDD'S APPLE ALE													12 fl oz	170	0	0	0	--	20	17	--	--	1															
SAM ADAM'S LAGER													12 fl oz	180	0	0	0	0	0	17	0	0	0															
SAM ADAM'S SEASONAL													12 fl oz	200	0	0	0	0	0	18	0	0	0															
SHINER BOCK													12 fl oz	140	0	0	0	0	15	12	0	0	1															
SMIRNOFF ICE ORIGINAL													12 fl oz	230	5	0	0	0	0	32	0	0	3															
VANILLA PORTER													12 fl oz	220	--	--	--	--	--	--	--	--	--															
WEST O PILSNER													12 fl oz	180	0	0	0	0	--	13	0	0	--															
WEST O RED ALE													12 fl oz	200	0	0	0	0	--	15	0	0	--															

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WINE	Svg. Size	CALS	FAT (g)	SAT (g)	TRAN (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
CABERNET SAUVIGNON	5 fl oz	120	0	0	0	--	--	4	--	--	0
CHARDONNAY	5 fl oz	120	0	0	0	--	5	3	0	1	0
PINOT GRIGIO	5 fl oz	120	0	0	0	--	--	3	--	--	0