



	Calories (G)	Total Fat (G)	Saturated Fat (G)	Polysaturated Fat (G)	Monounsaturated Fat (G)	Sodium (MG)	Total Carbs (G)	Dietary Fiber (G)	Protein (G)
BREAKFAST									
Bacon (3 slices)	100	9	3	0	0	420	0	0	6
Bacon Biscuit	350	18	10	0	0	1100	39	<1	8
Bacon Egg Biscuit	420	23	11	0	0	1170	39	<1	14
Bacon Egg Cheese Biscuit	440	25	12	0	0	1270	39	<1	15
Bacon Egg Cheese Croissant	390	26	11	0	0	720	24	<1	16
Bacon Scrambler	400	13	4.5	0	0	840	51	2	18
Big Chic	490	12	9	0	0	1510	55	1	21
Big Jack	580	28	11	0	0	950	51	2	25
Big Stack	650	39	17	0	0	1440	52	3	19
Bologna, Egg, and Cheese Sandwich	620	32	11	0	0	1420	590	2	24
Breakfast Burrito	730	41	20	0	0	1470	61	3	29
Breakfast Hero	600	36	12	0	0	1200	37	0	29
Country Fried Steak Egg Cheese Biscuit	550	29	15	0.5	0	1340	52	12	20
Country Ham Biscuit	380	18	10	0	0	2180	35	1	20
Country Ham Egg Cheese Biscuit	470	25	13	0	0	2380	35	1	37
Egg Cheese Biscuit	380	20	11	0	0	1030	40	<1	12
Egg	70	5	1.5	0	0	70	0	0	6
Gravy	135	7.5	4.5	0	0	690	15	0	0
Ham Egg Cheese Croissant	370	22	9	0	0	940	27	<1	19
Pork Fritter	400	7	2.5	0	0	590	51	2	32
Sausage Patties (2 Patties)	330	29	9	0	0	460	0	0	12
Sausage Biscuit	440	27	12	0	0	1050	39	<1	10
Sausage Egg Biscuit	510	32	14	0	0	1120	39	<1	16
Sausage Egg Cheese Biscuit	550	34	16	0	0	1250	40	<1	18
Sausage Egg Cheese Croissant	500	33	13	0	0	770	27	1	20
Sausage Scrambler	440	17	6	0	0	810	51	2	19
Spicy Sunrise Burger	610	30	13	1	0	1260	53	3	32
COLD SANDWICHES									
Bologna/Cheese Sandwich	385	24	8	0	0	850	10	0	9
Bread White (2 slices)	120	1.5	0	0	0	220	22	1	4
Bread Wheat (2 slices)	110	1.5	0	0	0	220	21	2	4
Chicken Salad Sandwich	300	13	2	0	0	460	31	1	15
Chicken Salad Wheat	290	13	2	0	0	460	30	2	15
Country Ham Sandwich	225	9.5	3	0	0	2425	40	1	28.5
Egg Salad Sandwich White	370	24.5	4.5	0	0	480	26	1	11
Egg Salad Sandwich Wheat	360	24.5	4.5	0	0	480	25	1	11
Ham/Cheese Sandwich	255	6	3.5	0	0	1200	6	1	16
Peanut Butter and Jelly Sandwich	430	17.5	3.5	0	0	370	57	4	12

Pimento Cheese Sandwich	425	25	6	0	0	1370	43	1	10
Tuna Salad Sandwich	282	12	1.5	0	0	740	34	1	13
Turkey/Cheese Sandwich	260	5	2	0	0	720	6	1	16
Turkey Club	375	14	4	0	0	1480	33	1	31



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HOT SANDWICHES									
Bacon Cheeseburger	610	28	11	0	0	1170	51	2	37
Bacon Chicken Ranch	670	20	8	0	0	1840	70	2	32
BBQ Rib Sandwich	430	18	6	0	0	800	46	1	21
BLT Sandwich	190	15	5	0	0	710	2	0	10
Buffalo Chicken Sandwich	580	11	6	0	0	2170	69	2	31
Cheeseburger	540	22	9	0	0	890	51	2	33
Codfish Sandwich	460	5	1	0	0	1240	79	3	25
Corn Dog	220	11	2.5	0	0	490	23	0	6
Country Fried Steak	570	21	8	1	0	1100	72	20	23
Cuban Sandwich	500	24	11	0	0	1810	36	<1	34
Double Cheeseburger	760	37	15	0	0	1070	51	2	54
Fried Bologna on a Bun	510	23	7	0	0	1160	59	2	16
Grilled Chicken	430	7	2	0	0	1070	53	2	40
Double Jalapeno Burger	740	41	17	0	0	1720	55	5	38
Hot Ham and Cheese	430	11	5	0	0	1780	57	2	25
Jalapeno Burger	470	19	7	0	0	1060	53	3	21
Philly Steak Sandwich	440	17	6	1.5	6	760	42	1	28
Pizza Puff	430	23	12	0	0	1090	41	1	14
Pulled Pork BBQ	440	18	8	0	0	750	46	0	24
Pork Chop Sandwich	450	8	2.5	0	0	980	62	2	32
Pork Tenderloin on a Bun	278	6	1	1	0	870	27	1	21
Sloppy Joe	250	9.5	2.5	0	0	690	32	2	12
Southern Fried Chicken Sandwich	490	3.5	2.5	0	0	1210	68	2	26
COLD WRAPS									
BBQ Chicken Wrap	700	26	15	0	0	1560	77	3	31
BLT Wrap	650	38	17	0	0	1570	51	2	28
Chicken Pepper Jack Wrap	810	40	19	0	0	2470	65	3	36
Chicken Tender Wrap	740	34	16	0	0	1540	64	3	32
Grilled Chicken Wrap	680	36	16	0	0	1390	53	2	37
Italian Wrap	630	32	14	0	0	2510	56	2	32
Steak Wrap	600	30	16	0	0	1490	55	2	31
Turkey Wrap	620	28	14	0	0	1460	56	2	34



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SIDE ITEMS									
Boiled Egg	140	10	3	0	0	140	0	0	12
Battered Cauliflower (85 grams)	140	6	1	0	0	330	20	1	3
Battered Mushrooms (85 grams)	130	5	0.5	0	0	320	18	1	3
Battered Mozzarella Sticks (4)	310	15	7	0	0	990	31	1	14
Corn (1/2 cup)	60	0.5	0	0	0	140	9	1	1
Fried Banana Peppers (4 oz.)	150	1	0	0	0	1200	32	3	4
Fried Corn Nuggets (6)	190	6	1	0	0	420	31	2	3
Breaded Dill Pickle Chip (84 grams)	170	10	1.5	0	0	960	19	1	2
Green Beans (1/2 cup)	40	0	0	0	0	600	6	2	0
Hashbrowns (1 patty)	140	7	2	0	0	270	16	2	2
Mashed Potatoes (1/2 cup)	160	10	4	0	0	450	17	1	3
Mini Jalepeno Cheddar Bites (2)	110	3.5	1.5	0	0	710	17	<1	4
Peas (1/2 cup)	70	0.5	0	0	0	140	12	3	4
Pork/Vegetable Eggroll	180	8	2	0	0	530	19	2	7
Potato Cheddar Munchers (5)	180	8	2	0	0	500	24	1	4
Potato Wedges (7 - 8)	280	12	3	0	0	720	38	4	4
DESSERTS									
Banana Bread	610	25	4.5	0	0	530	98	3	4
Brookie	560	24	6	0	0	480	96	4	4
Chocolate Chip Cookie 4 oz. (1 cookie)	520	24	12	0	0	380	72	4	4
Peanut Butter Cookie 4 oz. (1 cookie)	520	28	10	0	0	500	60	2	8
Turtle Cookie 4 oz. (1 cookie)	520	28	12	0	0	420	64	4	4
Oatmeal Raisin 4 oz. (1 cookie)	480	20	12	0	0	400	68	4	4
Cinnamon Roll	610	26	14	0.5	2	1235	85	2	8
No Bake Cookies (1 cookie)	160	7	2	0	0	55	26	2	3
Peanut Butter Brownie	420	18	4.5	0	0	360	72	3	3



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BEVERAGE									
Cappuccino (12 oz. size) Slush (14 oz. size)									
Caramel Apple Cappuccino	300	6	0	0	0	300	60	<1	3
Candy Bar Hot Chocolate Cappuccino	300	7	0	0	0	270	56	<1	3
Cookies & Cream Cappuccino	300	6	0	0	0	300	60	<1	3
Cinnamon Bun Cappuccino	300	6	0	0	0	300	60	<1	3
English Toffee Cappuccino	300	6	0	0	0	300	60	<1	3
French Vanilla Cappuccino	300	6	0	0	0	300	60	<1	3
French Vanilla Cappuccino S/F	270	6	3	0	0	300	56	0	3
Pumpkin Spice Cappuccino	300	6	0	0	0	300	60	<1	3
Salted Caramel Cappuccino	300	6	0	0	0	300	60	<1	3
S'mores Cappuccino	300	6	0	0	0	300	60	<1	3
White Chocolate Caramel Cappuccino	300	6	0	0	0	300	60	<1	3
Cherry Slush (Carbonated)	102	0	0	0	0	11.83	24.5	0	0
Mountain Dew (Carbonated)	110	0	0	0	0	35	29	0	0
Creamer Coffee Original	15	1.5	1.5	0	0	0	0	0	0
Creamer Coffee French Vanilla	35	2	2	0	0	0	5	0	0
Creamer Coffee Non-Dairy French Vanilla	25	1.5	1.5	0	0	0	3	0	0

< 1

Indicates less than 1 gram of Dietary Fiber

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