Nutritional Info	Calories (G)	Total Fat (G)	Saturated Fat (G)	Polyunsaturated 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	747	36	12	0	0	1200	37	0	29
Country Fried Steak Egg Cheese Biscuit	623	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	436	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	470	27	12	0	0	1050	39	<1	10
Sausage Egg Biscuit	530	32	14	0	0	1120	39	<1	16
Sausage Egg Cheese Biscuit	553	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
Bacon, Egg, and Cheese Bagel	470	13	5.5	0	0	1145	60	2	22
Sausage, Egg, and Cheese Bagel	570	24	8.5	0	0	1095	60	2	24
Double Sausage Biscuit	660	42	18	0	0	1290	39	1	16
Chicken and Bacon Waffle	667	32	9.5	0	0	1250	57	1	25
Nutritional Info	**Calories (G)**	**Total Fat (G)**	**Saturated Fat (G)**	**Polyunsaturated Fat (G)**	**Monounsaturated Fat (G)**	**Sodium (MG)**	**Total Carbs (G)**	**Dietary Fiber (G)**	**Protein (G)**
COLD SANDWICHES									
Bologna/Cheese Sandwich	480	24	8	0	0	850	10	0	9
Bologna Sandwich	340	20	6	0	0	625	9	0	7
Bread White (1 slice)	120	0.5	0	0	0	125	11.5	0.5	2
Bread Wheat (1 slice)	110	0.75	0	0	0	105	10.5	1	2
Chicken Salad Sandwich	440	12	1.5	0	0	460	34	1	15
Chicken Salad Wheat	440	13	2	0	0	460	30	2	15
Country Ham Sandwich	370	9.5	3	0	0	2425	40	1	28.5
Egg Salad Sandwich White	380	24	4.5	0	0	480	26	1	11
Egg Salad Sandwich Wheat	360	24	4.5	0	0	480	25	1	11
Italian Wedge	515	24.5	10	0	0	1630	24	1	23
Ham/Cheese Sandwich	340	6	3.5	0	0	1200	6	1	16
Peanut Butter Sandwich	410	17.5	3.5	0	0	360	31	4	12
Peanut Butter and Jelly Sandwich	480	17.5	3.5	0	0	370	57	4	12
Pimento Cheese Sandwich	390	25	6	0	0	1370	43	1	10
Tuna Salad Sandwich	440	12	1.5	0	0	740	34	1	13
Turkey/Cheese Sandwich	320	5	2	0	0	720	6	1	16
Turkey Club	410	14	4	0	0	1480	33	1	31
Turkey Bacon Swiss Sliders	425	15	4.5	0	0	1300	35	2	26

Nutritional Info	Calories (G)	Total Fat (G)	Saturated Fat (G)	Polyunsaturated Fat (G)	Monounsaturated Fat (G)	Sodium (MG)	Total Carbs (G)	Dietary Fiber (G)	Protein (G)
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
Chicken Bacon Ranch Wrap	773	37	18	0	0	1680	64	3	34

Nutritional Info	Calories (G)	Total Fat (G)	Saturated Fat (G)	Polyunsaturated Fat (G)	Monounsaturated Fat (G)	Sodium (MG)	Total Carbs (G)	Dietary Fiber (G)	Protein (G)
COLD SUBS									
Classic Sub	420	15	6	0	0	1900	40	0	30
Italian Sub	500	25	10	0	0	2250	39	0	28
Meatball Sub	490	26	11	0	0	1150	42	2	23

SALADS									
Cobb Salad	512	36	9	0	0	1130	6.5	1	18
Southwest Grilled Chicken Salad	535	31	3.5	0	0	793	21	5	19
ENTREES									
Baked Potato Casserole (2/3 cup)	210	8	4	11	0	660	22	1	5
BBQ Chicken Drumstick (1 piece)	140	6	1.5	2	2	540	3	0	19
Broccoli Au Gratin (1/2 cup)	140	9	3.5	0	0	500	9	2	6
Chicken Alfredo (6 oz)	404	17	7	0	0	1002	30	1	36
Chicken Nuggets (6 nuggets)	270	18	3.5	0	0	620	13	0	14
Chicken Tenders (1 piece)	180	8	1	0	0	540	15	<1	14
Chili (1 cup)	280	13	5	0	0	840	25	7	16
Cornbread (1 piece)	200	3	1.5	0	0	590	38	1	3
Corn Pudding (1/2 cup)	190	6	1.5	0	0	200	30	2	5
Fried Rice (1/2 cup)	190	3.5	0	0	0	330	35	2	4
General Tso Chicken (3.9 oz.)	210	7	1	0	0	450	24	1	12
Hashbrown Casserole (2/3 cup)	260	12	7	0	0	760	32	0	7
Lasagna (1 cup)	330	14	6	0	0	940	34	4	16
Macaroni and Cheese (1 cup)	390	24	9	0	0	830	28	1	15
Meatloaf (3.5 oz. slice)	220	15	6	0	0	230	8	1	13
Pot Roast (5 oz.)	200	11	3	0	0	470	2	0	23
Potato Au Gratin (1/2 cup)	180	11	3	0	0	440	15	2	6
Rib Bits (3.6 oz.)	270	16	5	0	0	450	13	0	18
Salisbury Steak (1 patty)	280	21	8	0	0	640	10	1	12
Sweet Potato Casserole (1/2 cup)	290	16	1.5	0	0	180	36	2	2

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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 (94 grams)	190	8	1	0	0	460	26	1	3
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	630	25	4.5	0	0	530	98	3	4
Peanutbutter Brownie	550	18	4.5	0	0	360	72	3	3
Brookie	670	24	6	0	0	480	96	4	4
Chocolate Chip Cookie 4 oz. (1 cookie)	520	6	3	0	0	95	17	1	1

Peanut Butter Cookie 4 oz. (1 cookie)	520	7	2.5	0	0	125	15	1	2
Turtle Cookie 4 oz. (1 cookie)	530	7	3	0	0	110	17	1	1
Oatmeal Raisin 4 oz. (1 cookie)	480	5	3	0	0	100	17	1	1
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
Nutritional Info	**Calories (G)**	**Total Fat (G)**	**Saturated Fat (G)**	**Polyunsaturated Fat (G)**	**Monounsaturated Fat (G)**	**Sodium (MG)**	**Total Carbs (G)**	**Dietary Fiber (G)**	**Protein (G)**
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

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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	Revised 7/1/26

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