Big Boy Restaurants Menu Analysis Book

Appetizers	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 Quesadilla (1 serving)	710	330	40	20	0	180	1070	30	0	0	60	1080	10	740	0
Chicken Quesadilla (1 serving) with Salsa	850	330	40	20	0	180	1080	70	20	0	70	1080	10	740	10
Chicken Quesadilla (1 serving) with Sour Cream	760	370	40	20	0	200	1100	40	0	0	60	1290	10	770	0
Original Chicken Tender Starter (1 serving)	440	220	20	0	0	60	1440	30	0	10	30	100	0	50	0
Original Chicken Tender Starter (1 serving) with Barbecue Sauc	580	220	20	0	0	60	2020	60	0	40	30	100	10	50	0
Original Chicken Tender Starter (1 serving) with Bleu Cheese D	640	400	40	10	0	100	1970	30	0	10	30	320	0	110	0
Original Chicken Tender Starter (1 serving) with Honey Mustard	650	340	40	10	0	80	2120	40	0	30	30	130	0	70	0
Original Chicken Tender Starter (1 serving) with Ranch Dressin	670	440	50	10	0	100	1880	30	0	10	30	290	0	80	0
Chili Cheese Fries (1 serving)	570	290	30	10	0	70	1480	50	0	0	20	1380	10	220	0
Mozzarella Cheese Sticks (1 serving)	540	250	30	10	0	60	1380	50	0	0	20	600	0	600	0
Mozzarella Cheese Sticks (1 serving) with Bleu Cheese Dressir	750	440	50	20	0	100	1910	50	0	0	30	820	0	660	0
Mozzarella Cheese Sticks (1 serving) with Marinara Sauce	600	290	30	10	0	60	1510	50	0	0	20	980	0	620	0
Mozzarella Cheese Sticks (1 serving) with Ranch Dressing	780	470	50	20	0	100	1820	50	0	0	20	790	0	630	0
Side of Onion Rings (1 serving)	880	480	50	10	10	0	1400	100	0	10	10	0	10	0	0
BBQ Chicken Tender Starter (1 serving)	580	220	20	0	0	60	2020	60	0	40	30	100	10	50	0
BBQ Chicken Tender Starter (1 serving) with Bleu Cheese Dres	780	400	40	10	0	100	2550	60	0	40	30	320	10	110	0
BBQ Chicken Tender Starter (1 serving) with Ranch Dressing	810	440	50	10	0	100	2460	60	0	40	30	290	10	80	0
BBQ Pulled Pork Quesadilla (1 serving)	940	400	40	20	0	180	1970	70	0	40	60	1010	10	750	0
BBQ Pulled Pork Quesadilla (1 serving) with Sour Cream	990	450	50	20	0	200	1990	70	0	40	60	1220	10	780	0
Buffalo Style Chicken Tender Starter (1 serving)	540	310	30	10	10	60	3020	30	0	10	30	1480	0	60	0
Junior Big Boy (1 serving)	350	190	20	10	0	70	890	20	0	0	20	410	0	140	0
Lemon Pepper Chicken Tender Starter (1 serving)	530	240	30	0	0	60	2150	40	0	20	30	230	10	60	0

Entree Salads	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 Caesar Salad (1 salad)	320	110	10	0	0	100	820	10	0	0	40	8320	40	130	0
Fiesta Chicken Salad (1 salad)	590	210	20	10	0	110	2140	40	10	10	50	3020	50	280	0
Fiesta Chicken Salad (1 salad) with Salsa Ranch Dressing	870	430	50	10	0	150	3540	60	10	10	50	3210	60	320	0
Large Caesar Salad (1 salad)	560	470	50	10	0	130	660	20	0	0	10	8300	40	140	0
Tuna Salad (1 salad)	230	120	10	0	0	50	590	10	0	0	20	2400	20	60	0
Turkey BLT Salad (1 salad)	350	170	20	10	0	100	900	10	0	0	30	2480	10	300	0
Buffalo Chicken Salad with Chicken Tenders (1 serving)	740	500	60	20	0	120	3080	30	0	10	30	3880	10	420	0
Buffalo Chicken Salad with Grilled Chicken Breast (1 salad)	680	410	50	20	0	170	2870	10	0	0	50	3920	20	410	0

Big Boy Soups and Chilis	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)
Bean with Bacon Soup, Bowl (1 bowl)	290	110	10	10	0	20	950	30	10	10	10	1900	10	70	0
Bean with Bacon Soup, Bowl (1 bowl) with Bread Bowl	450	110	10	10	0	20	1320	70	10	10	20	1900	10	110	0
Bean with Bacon Soup, Cup (1 bowl)	220	80	10	0	0	10	710	20	10	0	10	1420	10	50	0
Bean with Bacon Soup, Cup (1 bowl) with Bread Bowl	380	90	10	0	0	10	1080	60	10	0	20	1420	10	90	0
Cabbage Soup, Bowl (1 bowl)	50	0	0	0	0	0	410	10	0	10	0	510	40	40	0
Cabbage Soup, Bowl (1 bowl) with Bread Bowl	210	10	0	0	0	0	780	40	0	10	10	510	40	80	0
Cabbage Soup, Cup (1 bowl)	30	0	0	0	0	0	310	10	0	0	0	390	30	30	0
Cabbage Soup, Cup (1 bowl) with Bread Bowl	190	10	0	0	0	0	680	40	0	0	10	390	30	70	0
Canadian Cheese Soup, Bowl (1 bowl)	270	160	20	10	0	40	1380	20	0	10	10	2480	10	260	0
Canadian Cheese Soup, Bowl (1 bowl) with Bread Bowl	430	160	20	10	0	40	1750	50	0	10	10	2480	10	300	0
Canadian Cheese Soup, Cup (1 bowl)	200	120	10	10	0	30	1040	10	0	10	10	1860	0	190	0
Canadian Cheese Soup, Cup (1 bowl) with Bread Bowl	360	120	10	10	0	30	1410	50	0	10	10	1860	0	230	0
Chicken with Rice Soup, Bowl (1 bowl)	100	20	0	0	0	20	1420	10	0	0	10	1230	0	20	0
Chicken with Rice Soup, Bowl (1 bowl) with Bread Bowl	260	30	0	0	0	20	1790	50	0	0	10	1230	0	60	0
Chicken with Rice Soup, Cup (1 bowl)	70	20	0	0	0	10	1060	10	0	0	0	920	0	20	0
Chicken with Rice Soup, Cup (1 bowl) with Bread Bowl	230	20	0	0	0	10	1430	40	0	0	10	920	0	60	0
Chili with Beans, Bowl (1 bowl)	260	70	10	0	0	40	550	30	10	10	20	1000	20	90	0
Chili with Beans, Bowl (1 bowl) with Bread Bowl	420	80	10	0	0	40	920	60	10	10	20	1000	20	130	0
Chili with Beans, Bowl (1 bowl) with Cheese	370	160	20	10	0	70	730	30	10	10	20	1300	20	290	0
Chili with Beans, Bowl (1 bowl) with Onions	270	70	10	0	0	40	550	30	10	10	20	1000	20	90	0
Chili with Beans, Cup (1 bowl)	200	60	10	0	0	30	410	20	10	0	10	750	10	70	0
Chili with Beans, Cup (1 bowl) with Bread Bowl	360	60	10	0	0	30	780	50	10	0	20	750	10	110	0
Chili with Beans, Cup (1 bowl) with Cheese	310	140	20	10	0	60	590	20	10	0	20	1050	10	270	0
Chili with Beans, Cup (1 bowl) with Onions	200	60	10	0	0	30	410	20	10	0	10	750	10	70	0
Clam Chowder, Bowl (1 bowl)	190	110	10	10	0	40	970	10	0	10	10	400	0	130	0
Clam Chowder, Bowl (1 bowl) with Bread Bowl	350	110	10	10	0	40	1340	50	0	10	10	400	0	170	0
Clam Chowder, Cup (1 bowl)	140	80	10	0	0	30	730	10	0	0	10	300	0	100	0
Clam Chowder, Cup (1 bowl) with Bread Bowl	300	80	10	0	0	30	1100	40	0	0	10	300	0	140	0
Cream of Potato Soup, Bowl (1 bowl)	220	90	10	0	0	20	980	30	0	10	10	450	10	220	0
Cream of Potato Soup, Bowl (1 bowl) with Bread Bowl	380	90	10	0	0	20	1350	60	0	10	10	450	10	260	0
Cream of Potato Soup, Cup (1 bowl)	160	70	10	0	0	20	730	20	0	10	10	340	10	160	0
Cream of Potato Soup, Cup (1 bowl) with Bread Bowl	320	70	10	0	0	20	1100	50	0	10	10	340	10	200	0
Cream of Tomato Soup, Bowl (1 bowl)	160	70	10	0	0	20	1190	20	0	10	0	1280	20	50	0
Cream of Tomato Soup, Bowl (1 bowl) with Bread Bowl	320	80	10	0	0	20	1560	50	0	10	10	1280	20	90	0
Cream of Tomato Soup, Cup (1 bowl)	120	60	10	0	0	20	890	10	0	10	0	960	10	40	0
Cream of Tomato Soup, Cup (1 bowl) with Bread Bowl	280	60	10	0	0	20	1260	50	0	10	10	960	10	80	0

Italian Wedding Soup, Bowl (1 bowl)	100	40	0	0	0	10	800	10	0	0	10	2610	0	40	0
Italian Wedding Soup, Bowl (1 bowl) with Bread Bowl	260	40	0	0	0	10	1170	40	0	0	10	2610	0	80	0
Italian Wedding Soup, Cup (1 bowl)	80	30	0	0	0	10	600	10	0	0	0	1960	0	30	0
Italian Wedding Soup, Cup (1 bowl) with Bread Bowl	240	30	0	0	0	10	970	40	0	0	10	1960	0	70	0
Split Pea with Ham Soup, Bowl (1 bowl)	200	30	0	0	0	10	900	30	10	0	10	2980	0	20	0
Split Pea with Ham Soup, Bowl (1 bowl) with Bread Bowl	360	30	0	0	0	10	1270	60	10	0	20	2980	0	60	0
Split Pea with Ham Soup, Cup (1 bowl)	150	20	0	0	0	10	670	20	10	0	10	2240	0	10	0
Split Pea with Ham Soup, Cup (1 bowl) with Bread Bowl	310	20	0	0	0	10	1040	60	10	0	10	2240	0	50	0
Unstuffed Green Pepper Soup, Bowl (1 bowl)	170	70	10	0	0	30	690	10	0	10	10	820	40	60	0
Unstuffed Green Pepper Soup, Bowl (1 bowl) with Bread Bowl	330	80	10	0	0	30	1060	50	0	10	20	820	40	100	0
Unstuffed Green Pepper Soup, Cup (1 bowl)	120	50	10	0	0	20	520	10	0	0	10	620	30	40	0
Unstuffed Green Pepper Soup, Cup (1 bowl) with Bread Bowl	280	60	10	0	0	20	890	40	0	0	10	620	30	80	0
Vegetable Beef Barley Soup, Bowl (1 bowl)	120	40	0	0	0	10	1630	20	0	0	10	2040	10	30	0
Vegetable Beef Barley Soup, Bowl (1 bowl) with Bread Bowl	280	40	0	0	0	10	2000	50	0	0	10	2040	10	70	0
Vegetable Beef Barley Soup, Cup (1 bowl)	90	30	0	0	0	10	1230	10	0	0	0	1530	10	20	0
Vegetable Beef Barley Soup, Cup (1 bowl) with Bread Bowl	250	30	0	0	0	10	1600	40	0	0	10	1530	10	60	0
Zesty Chicken Tortilla Soup, Bowl (1 bowl)	200	100	10	10	0	40	1210	10	0	10	10	790	10	250	0
Zesty Chicken Tortilla Soup, Bowl (1 bowl) with Bread Bowl	360	100	10	10	0	40	1580	50	0	10	20	790	10	290	0
Zesty Chicken Tortilla Soup, Cup (1 bowl)	150	70	10	0	0	30	900	10	0	10	10	600	10	190	0
Zesty Chicken Tortilla Soup, Cup (1 bowl) with Bread Bowl	310	80	10	0	0	30	1270	40	0	10	20	600	10	230	0
Chicken Noodle Soup, Bowl (1 bowl)	100	10	0	0	0	20	820	10	0	0	10	980	0	10	0
Chicken Noodle Soup, Cup (1 bowl)	70	10	0	0	0	20	620	10	0	0	0	740	0	10	0
Cream of Broccoli with Ham Soup, Bowl (1 bowl)	180	70	10	0	0	20	1070	20	0	10	10	760	60	220	0
Cream of Broccoli with Ham Soup, Bowl (1 bowl) with Bread B	340	80	10	0	0	20	1440	50	0	10	10	760	60	260	0
Cream of Broccoli with Ham Soup, Cup (1 bowl)	140	60	10	0	0	20	800	10	0	10	10	570	50	170	0
Cream of Broccoli with Ham Soup, Cup (1 bowl) with Bread Bo	300	60	10	0	0	20	1170	50	0	10	10	570	50	210	0

Big Boy Classics	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 Tender Meal (1 serving)	540	310	30	10	10	60	3020	30	0	10	30	1480	0	60	0
Buffalo Chicken Tender Meal (1 serving) with Bleu Cheese Dre	740	490	50	10	10	100	3540	30	0	10	30	1700	0	110	0
Original Chicken Tender Meal (1 serving)	440	220	20	0	0	60	1440	30	0	10	30	100	0	50	0
Original Chicken Tender Meal (1 serving) with Barbecue Sauce	580	220	20	0	0	60	2020	60	0	40	30	100	10	50	0
Original Chicken Tender Meal (1 serving) with Bleu Cheese Dre	640	400	40	10	0	100	1970	30	0	10	30	320	0	110	0
Original Chicken Tender Meal (1 serving) with Honey Mustard	650	340	40	10	0	80	2120	40	0	30	30	130	0	70	0
Original Chicken Tender Meal (1 serving) with Ranch Dressing	670	440	50	10	0	100	1880	30	0	10	30	290	0	80	0
Ohio Big Boy (1 sandwich)	600	340	40	10	0	130	1900	30	0	0	30	390	0	170	0
Ohio Big Boy (1 sandwich) with Cheese	680	400	40	20	0	140	2220	30	0	10	40	620	0	280	0
Ohio Big Boy (1 sandwich) with Cole Slaw	650	360	40	10	0	130	1990	40	0	10	30	1850	20	200	0
Ohio Big Boy (1 sandwich) with French Fries	880	450	50	20	0	130	2690	70	0	0	40	390	10	170	0
Brawny Lad (1 sandwich)	380	190	20	10	0	90	1420	20	0	0	20	230	0	20	0
Brawny Lad (1 sandwich) with French Fries	670	310	30	10	0	90	2200	60	0	0	30	230	10	20	0
Patty Melt (1 sandwich)	990	490	50	30	0	200	2610	60	0	0	60	1050	0	600	10
Patty Melt (1 sandwich) with French Fries	1280	610	70	30	0	200	3390	100	10	0	60	1050	10	600	10
Plain Big Event Burger (1 sandwich)	250	50	10	0	0	0	1550	40	0	10	10	600	0	90	0
Plain Big Event Burger (1 sandwich) with Burger Patty	610	270	30	10	0	120	1650	40	0	10	40	600	0	120	0
Plain Big Event Burger (1 sandwich) with Chicken Breast	410	70	10	0	0	80	1640	40	0	10	40	630	0	100	0
Plain Big Event Burger (1 sandwich) with French Fries	540	170	20	10	0	0	2330	80	0	10	10	600	10	90	0
Ohio Super Big Boy (1 sandwich)	840	490	50	20	0	200	2270	30	0	10	50	620	0	290	10
Ohio Super Big Boy (1 sandwich) with Cheese	1000	620	70	30	0	230	2910	30	0	10	60	1070	0	520	10
Ohio Super Big Boy (1 sandwich) with Cole Slaw	880	510	60	20	0	200	2360	40	0	10	50	2080	20	330	10
Ohio Super Big Boy (1 sandwich) with French Fries	1120	610	70	20	0	200	3050	70	0	10	60	620	10	290	10
Swiss Miss (1 sandwich)	490	260	30	10	0	100	1530	20	0	0	30	460	0	280	0
Swiss Miss (1 sandwich) with French Fries	780	370	40	10	0	100	2320	70	0	0	40	460	10	280	0
BBQ Chicken Tender Meal (1 serving)	580	220	20	0	0	60	2020	60	0	40	30	100	10	50	0
Classic Big Boy (1 serving)	490	240	30	10	0	100	4860	30	0	10	30	230	0	50	0
Classic Big Boy (1 serving) with Cheese	570	300	30	10	0	120	5180	30	0	10	30	460	0	170	0
Classic Big Boy (1 serving) with French Fries	780	360	40	10	0	100	5640	70	0	10	30	230	10	50	0
Lemon Pepper Chicken Tender Meal (1 serving)	530	240	30	0	0	60	2150	40	0	20	30	230	10	60	0

Burger Lovers Burgers	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 Bacon Cheeseburger (1 serving)	1010	530	60	20	0	170	2830	70	0	30	50	520	10	330	0
BBQ Bacon Cheeseburger (1 serving) with French Fries	1300	640	70	20	0	170	3610	110	0	30	50	520	20	330	10
BBQ Bacon Cheeseburger (1 serving) with Grilled Chicken Bre	1170	540	60	20	0	250	3340	70	0	30	80	600	10	340	10
BBQ Bacon Cheeseburger (1 serving) with Vegetarian Patty	1240	630	70	20	0	170	3370	90	0	40	70	520	10	410	10
Best Cheeseburger on the Planet (1 serving)	900	490	50	20	0	170	2850	50	0	10	50	730	0	360	0
Best Cheeseburger on the Planet (1 serving) with French Fries	1180	600	70	20	0	170	3640	90	10	10	50	730	10	360	0
Best Cheeseburger on the Planet (1 serving) with Grilled Chick	1050	510	60	20	0	250	3370	50	0	10	80	800	10	380	10
Best Cheeseburger on the Planet (1 serving) with Vegetarian P	1120	590	70	20	0	170	3390	70	10	20	60	730	0	440	10
Bobs Cheddar Steakhouse Burger (1 serving)	1000	510	60	20	0	160	2940	80	0	30	50	580	0	320	0
Bobs Cheddar Steakhouse Burger (1 serving) with French Fries	1280	620	70	20	0	160	3720	120	10	30	50	580	10	320	10
Bobs Cheddar Steakhouse Burger (1 serving) with Grilled Chicl	1150	520	60	20	0	240	3450	80	0	30	80	660	10	340	10
Bobs Cheddar Steakhouse Burger (1 serving) with Vegetarian I	1220	610	70	20	0	160	3480	90	10	30	60	580	0	400	10
Built By You Burger (1 serving)	560	240	30	10	0	110	1530	40	0	10	40	0	0	110	0
Built By You Burger (1 serving) with A-1 Thick and Hearty Steal	620	240	30	10	0	110	2120	50	0	20	40	40	0	110	0
Built By You Burger (1 serving) with American Cheese	730	360	40	20	0	140	2170	50	0	10	50	450	0	330	0
Built By You Burger (1 serving) with Bacon	660	320	40	10	0	120	1830	40	0	10	40	0	0	110	0
Built By You Burger (1 serving) with Barbecue Sauce	630	240	30	10	0	110	1820	60	0	20	40	0	0	110	0
Built By You Burger (1 serving) with Bleu Cheese Dressing	670	330	40	10	0	130	1790	40	0	10	40	110	0	140	0
Built By You Burger (1 serving) with Buffalo Sauce	620	280	30	10	0	110	2310	40	0	10	40	690	0	110	0
Built By You Burger (1 serving) with Cheddar Cheese	670	320	40	20	0	140	1710	40	0	10	40	270	0	310	0

Built By You Burger (1 serving) with Chili	650	290	30	10	0	120	1790	50	0	10	40	540	0	120	0
Built By You Burger (1 serving) with Dill Pickle Slices	570	240	30	10	0	110	1740	40	0	10	40	0	0	120	0
Built By You Burger (1 serving) with French Fries	850	350	40	10	0	110	2310	80	0	10	40	0	10	110	0
Built By You Burger (1 serving) with Fried Egg	640	280	30	10	0	320	1600	40	0	10	40	240	0	130	0
Built By You Burger (1 serving) with Garlic Mayo	700	360	40	10	0	130	1700	40	0	10	40	30	0	110	0
Built By You Burger (1 serving) with Grilled Chicken Breast	720	260	30	10	0	190	2040	40	0	10	70	80	0	120	0
Built By You Burger (1 serving) with Honey Mustard	670	300	30	10	0	120	1870	50	0	20	40	20	0	120	0
Built By You Burger (1 serving) with Ketchup	610	240	30	10	0	110	1850	50	0	20	40	160	0	110	0
Built By You Burger (1 serving) with Lettuce	570	240	30	10	0	110	1530	40	0	10	40	140	0	110	0
Built By You Burger (1 serving) with Mayonnaise	700	360	40	10	0	130	1700	40	0	10	40	30	0	110	0
Built By You Burger (1 serving) with Mozzarella Cheese	630	280	30	10	0	120	1650	40	0	10	40	150	0	260	0
Built By You Burger (1 serving) with Mustard	580	250	30	10	0	110	1860	40	0	10	40	0	0	120	0
Built By You Burger (1 serving) with Onion Rings	670	300	30	10	0	110	1700	50	0	10	40	0	0	110	0
Built By You Burger (1 serving) with Pepper Jack Cheese	640	290	30	10	0	130	1660	40	0	10	40	200	0	260	0
Built By You Burger (1 serving) with Ranch Dressing	680	350	40	10	0	130	1750	40	0	10	40	100	0	120	0
Built By You Burger (1 serving) with Red Onion Rings	570	240	30	10	0	110	1530	40	0	10	40	0	0	110	0
Built By You Burger (1 serving) with Red Relish	580	240	30	10	0	110	1670	50	0	10	40	20	0	110	0
Built By You Burger (1 serving) with Sauteed Garlic Mushrooms	640	290	30	10	0	110	1530	50	0	10	40	0	0	110	0
Built By You Burger (1 serving) with Swiss Cheese	670	310	30	20	0	130	1590	40	0	10	50	300	0	360	0
Built By You Burger (1 serving) with Tomato Slice	570	240	30	10	0	110	1530	40	0	10	40	80	0	110	0
Built By You Burger (1 serving) with Vegetarian Patty	790	340	40	10	0	110	2070	60	0	10	50	0	0	190	10
Garlic, Mushroom and Swiss Burger (1 serving)	980	560	60	20	0	160	1850	50	0	10	50	490	10	380	0
Garlic, Mushroom and Swiss Burger (1 serving) with French Fri	1260	670	70	20	0	160	2630	90	10	10	50	490	10	380	10
Garlic, Mushroom and Swiss Burger (1 serving) with Grilled Chi	1130	580	60	20	0	250	2360	50	0	10	80	570	10	400	10
Garlic, Mushroom and Swiss Burger (1 serving) with Vegetarian	1200	660	70	20	0	160	2390	70	10	10	70	490	10	460	10
Kitchen Sink Burger (1 serving)	1210	710	80	30	0	420	3210	60	0	20	60	1490	0	430	10
Kitchen Sink Burger (1 serving) with French Fries	1490	820	90	30	0	420	4000	100	10	20	70	1490	10	430	10
Kitchen Sink Burger (1 serving) with Grilled Chicken Breast	1370	730	80	30	0	500	3730	60	0	20	100	1570	10	450	10
Kitchen Sink Burger (1 serving) with Vegetarian Patty	1430	810	90	30	0	420	3750	70	10	20	80	1490	0	510	10

Slim Jim 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)
Famous Slim Jim (1 sandwich)	500	210	20	10	0	50	1460	50	0	0	20	920	0	360	0
Famous Slim Jim (1 sandwich) with Cole Slaw	550	230	30	10	0	50	1550	60	10	10	20	2370	30	400	0
Famous Slim Jim (1 sandwich) with French Fries	790	320	40	10	0	50	2240	90	10	0	30	920	10	360	0
Italian Slim Jim (1 sandwich)	590	270	30	10	0	60	1760	50	0	10	30	680	0	370	0
Italian Slim Jim (1 sandwich) with Cole Slaw	640	290	30	10	0	60	1850	60	10	10	30	2140	30	410	0
Italian Slim Jim (1 sandwich) with French Fries	880	380	40	10	0	60	2540	90	10	10	30	680	10	370	10
Turkey Club Slim Jim (1 sandwich)	730	370	40	10	0	130	1680	50	0	0	40	650	0	380	10
Turkey Club Slim Jim (1 sandwich) with Cole Slaw	780	390	40	10	0	130	1760	60	10	10	40	2100	30	420	10
Turkey Club Slim Jim (1 sandwich) with French Fries	1020	480	50	20	0	130	2460	90	10	0	40	650	10	380	10

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)
Corned Beef Reuben (1 sandwich)	820	390	40	20	0	150	2910	60	0	0	50	800	0	580	0
Corned Beef Reuben (1 sandwich) with French Fries	1110	510	60	20	0	150	3700	100	10	0	50	800	10	580	0
Corned Beef Reuben (1 sandwich) with Thousand Island Dress	1000	540	60	20	0	180	3360	60	0	10	50	970	0	590	0
Fillet of Fish Sandwich (1 sandwich)	420	100	10	0	0	50	870	60	0	0	20	190	10	130	0
Fillet of Fish Sandwich (1 sandwich) with French Fries	710	210	20	0	0	50	1650	100	10	0	30	190	20	130	10
Grilled Cheese Supreme (1 sandwich)	690	390	40	20	0	100	2190	50	0	10	30	1260	0	580	0
Grilled Cheese Supreme (1 sandwich) with French Fries	980	510	60	20	0	100	2970	90	0	10	30	1260	10	580	0
Sirloin Steak Sandwich (1 sandwich)	670	320	40	20	0	100	920	40	0	10	40	550	0	130	0
Sirloin Steak Sandwich (1 sandwich) with French Fries	960	440	50	20	0	100	1700	90	0	10	50	550	10	130	0
Triple Decker Turkey Club (1 sandwich)	810	290	30	10	0	100	2220	80	0	0	40	630	0	90	0
Triple Decker Turkey Club (1 sandwich) with French Fries	1090	400	40	10	0	100	3000	130	0	0	50	630	10	90	0
Tuna Melt (1 sandwich)	720	370	40	20	0	130	1870	50	0	10	40	1090	0	610	0
Tuna Melt (1 sandwich) with French Fries	1010	490	50	20	0	130	2660	90	0	10	40	1090	10	610	0
Tuna Salad Sandwich (1 sandwich)	330	130	10	0	0	50	950	30	0	10	20	290	0	60	0
Tuna Salad Sandwich (1 sandwich) with French Fries	620	240	30	10	0	50	1730	70	10	10	20	290	10	60	0
Turkey Reuben (1 sandwich)	630	230	30	10	0	130	1340	50	0	0	50	800	0	600	0
Turkey Reuben (1 sandwich) with Cole Slaw	680	240	30	10	0	130	1430	60	10	0	50	2260	20	630	0
Turkey Reuben (1 sandwich) with French Fries	920	340	40	20	0	130	2120	100	10	0	50	800	10	600	0
Turkey Reuben (1 sandwich) with Sauerkraut	650	230	30	10	0	130	2120	60	0	0	50	800	0	600	0
Turkey Reuben (1 sandwich) with Thousand Island Dressing	810	370	40	20	0	150	1780	60	0	10	50	970	0	600	0
BBQ Pulled Pork Sandwich (1 sandwich)	640	140	20	10	0	70	1480	90	0	50	40	10	10	100	0
BBQ Pulled Pork Sandwich (1 sandwich) with French Fries	930	250	30	10	0	70	2260	130	0	50	40	10	20	100	0
Midwestern Pork Fritter Sandwich (1 sandwich)	630	230	30	10	0	50	970	80	0	10	20	410	0	120	0
Midwestern Pork Fritter Sandwich (1 sandwich) with French Fri	920	350	40	10	0	50	1750	120	10	10	30	410	10	120	0

Lunchtime Values	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)
Build Your Own Lunch (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Build Your Own Lunch (1 serving) with Antipasta Salad	250	130	10	0	0	10	440	20	0	0	10	420	20	50	0
Build Your Own Lunch (1 serving) with BLT Half Sandwich	330	160	20	10	0	20	890	30	0	0	10	230	0	30	0
Build Your Own Lunch (1 serving) with Broccoli Cheddar Ranch	300	230	30	10	0	50	790	10	0	0	10	1880	50	200	0
Build Your Own Lunch (1 serving) with Cabbage Soup	30	0	0	0	0	0	310	10	0	0	0	390	30	30	0
Build Your Own Lunch (1 serving) with Cole Slaw	50	20	0	0	0	0	90	10	0	0	0	1460	20	40	0
Build Your Own Lunch (1 serving) with Cool Cucumber Salad	60	30	0	0	0	10	470	10	0	0	0	280	10	40	0
Build Your Own Lunch (1 serving) with Cream of Broccoli with H	140	60	10	0	0	20	800	10	0	10	10	570	50	170	0
Build Your Own Lunch (1 serving) with Four Bean Salad	90	10	0	0	0	0	420	20	0	10	0	0	0	20	0
Build Your Own Lunch (1 serving) with French Fries	290	110	10	0	0	0	780	40	0	0	0	0	10	0	0
Build Your Own Lunch (1 serving) with Fresh Fruit	70	0	0	0	0	0	20	20	0	10	0	1660	30	10	0
Build Your Own Lunch (1 serving) with Italian Summer Pasta Sa	280	150	20	0	0	0	160	30	0	0	10	310	10	10	0
Build Your Own Lunch (1 serving) with Macaroni Salad	240	100	10	0	0	10	550	30	0	10	0	0	0	110	0
Build Your Own Lunch (1 serving) with Macaroni and Chicken S	230	60	10	0	0	20	760	30	0	0	10	240	10	10	0
Build Your Own Lunch (1 serving) with Oven Roasted Potato Sa	210	120	10	0	0	0	1460	20	0	0	0	440	40	30	0
Build Your Own Lunch (1 serving) with Potato Salad	250	120	10	0	0	10	570	30	0	10	0	0	0	0	0
Build Your Own Lunch (1 serving) with Side Caesar Salad	70	30	0	0	0	0	170	10	0	0	0	4960	20	70	0
Build Your Own Lunch (1 serving) with Side Salad	100	50	10	0	0	20	170	10	0	0	10	1430	10	120	0
Build Your Own Lunch (1 serving) with Spanish Rice Salad	180	10	0	0	0	0	720	40	10	0	10	250	0	50	0
Build Your Own Lunch (1 serving) with Spicy Fiesta Taco Salad	130	20	0	0	0	10	770	20	10	0	10	410	10	100	0
Build Your Own Lunch (1 serving) with Three Cheese Grilled Ch	390	250	30	20	0	80	800	20	0	0	20	1000	0	540	0
Build Your Own Lunch (1 serving) with Tuna Noodle Casserole	200	80	10	0	0	50	170	20	0	0	10	40	10	10	0

Build Your Own Lunch (1 serving) with Tuna Salad Half Sandwi	180	70	10	0	0	30	570	20	0	0	10	230	0	40	0
Build Your Own Lunch (1 serving) with Turkey Half Sandwich	260	60	10	0	0	50	750	30	0	0	20	230	0	40	0

Home Style Dinners	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)
Slow Roasted Turkey Breast (1 serving)	310	90	10	0	0	90	1470	20	0	0	30	230	20	30	0
Slow Roasted Turkey Breast (1 serving) with Toast	470	150	20	10	0	110	1740	40	0	0	30	430	20	90	0
Meatloaf (1 serving)	890	570	60	30	0	130	1840	40	0	10	30	260	20	120	0
Meatloaf (1 serving) with Toast	1050	630	70	30	0	150	2110	60	0	10	40	460	20	180	10
Pot Roast (1 serving)	430	200	20	10	0	100	1300	20	0	0	40	180	10	50	0
Pot Roast (1 serving) with Toast	590	260	30	10	0	110	1570	40	0	0	40	380	10	110	0
Pork Loin Fritter Dinner (1 serving)	760	350	40	10	0	90	1220	70	0	0	30	200	0	70	0

Chickens	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)
Fried Chicken (1 serving)	580	340	40	10	0	170	910	20	0	20	40	0	0	60	0
Smothered Chicken (1 serving)	540	240	30	10	0	150	1090	20	0	20	50	540	10	370	0

Steaks and Beefs	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)
Country Fried Steak (1 serving)	570	370	40	10	0	90	2160	30	0	0	20	0	0	30	10
Grilled Sirloin Steak (1 serving)	580	350	40	20	0	110	320	10	0	0	40	300	0	290	0
Sirloin Steak and Shrimp (1 serving)	810	460	50	10	0	160	1470	40	0	0	50	50	0	90	0

Seafoods	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)
Fish and Chips (1 serving)	270	70	10	0	0	70	650	20	0	0	30	70	10	30	0
Fish and Chips (1 serving) with French Fries	560	180	20	0	10	70	1440	60	0	0	40	70	20	30	0
Fish and Chips (1 serving) with Tartar Sauce	530	310	30	10	0	90	1050	20	0	10	30	70	10	30	0
Fried Shrimp (1 serving)	680	370	40	10	0	140	1580	50	0	0	20	0	10	100	0
Fried Shrimp (1 serving) with Shrimp Sauce	740	370	40	10	0	140	2150	60	0	10	20	540	20	120	0
Lemon Pepper Cod (1 serving)	360	140	20	10	0	150	590	10	0	10	50	660	10	60	0
Lemon Pepper Cod (1 serving) with Tartar Sauce	620	370	40	10	0	170	990	20	0	10	50	660	10	60	0

Italians	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 Parmigiana (1 serving)	600	130	10	10	0	50	1250	70	0	10	50	350	0	410	0
Chicken Parmigiana (1 serving) with Marinara Sauce	720	200	20	10	0	50	1520	80	0	10	50	1120	10	450	0
Chicken Parmigiana (1 serving) with Meat Sauce	700	170	20	10	0	70	1570	80	0	20	50	1200	10	430	0
Endless Pasta, Penne (1 serving)	520	30	0	0	0	0	20	100	0	10	20	30	0	20	10
Endless Pasta, Penne (1 serving) with Alfredo Sauce	700	130	10	10	0	20	1100	120	0	10	20	270	0	200	10
Endless Pasta, Penne (1 serving) with Marinara Sauce	700	140	20	0	0	0	420	120	10	10	20	1180	10	90	10
Endless Pasta, Penne (1 serving) with Meat Sauce	670	90	10	0	0	20	500	120	10	20	30	1300	20	60	10
Endless Pasta, Refill, Penne (1 serving)	260	10	0	0	0	0	10	50	0	0	10	20	0	10	0
Endless Pasta, Refill, Penne (1 serving) with Alfredo Sauce	320	50	10	0	0	10	370	60	0	0	10	90	0	70	0
Endless Pasta, Refill, Penne (1 serving) with Marinara Sauce	320	50	10	0	0	0	150	60	0	10	10	400	0	40	0
Endless Pasta, Refill, Penne (1 serving) with Meat Sauce	310	40	0	0	0	10	170	60	0	10	10	440	10	20	0
Endless Pasta, Refill, Spaghetti (1 serving)	260	30	0	0	0	0	10	50	0	0	10	20	0	0	0
Endless Pasta, Refill, Spaghetti (1 serving) with Alfredo Sauce	320	60	10	0	0	10	360	50	0	0	10	90	0	60	0
Endless Pasta, Refill, Spaghetti (1 serving) with Marinara Sauc	320	70	10	0	0	0	140	50	0	10	10	400	0	20	0
Endless Pasta, Refill, Spaghetti (1 serving) with Meat Sauce	310	50	10	0	0	10	170	50	0	10	10	440	10	10	0
Endless Pasta, Spaghetti (1 serving)	530	60	10	0	0	0	10	100	10	10	20	30	0	0	0
Endless Pasta, Spaghetti (1 serving) with Alfredo Sauce	710	160	20	10	0	20	1090	110	10	10	30	270	0	180	0
Endless Pasta, Spaghetti (1 serving) with Garlic Toast	800	120	10	0	0	20	730	140	10	10	30	230	0	100	10
Endless Pasta, Spaghetti (1 serving) with Marinara Sauce	710	170	20	0	0	0	410	110	10	10	20	1180	10	70	10
Endless Pasta, Spaghetti (1 serving) with Meat Sauce	670	120	10	0	0	20	490	110	10	20	30	1300	20	40	10
Veal Parmigiana (1 serving)	650	270	30	10	0	60	540	60	0	0	30	180	0	190	0
Veal Parmigiana (1 serving) with Marinara Sauce	720	300	30	10	0	60	1290	70	0	10	30	680	20	230	0
Veal Parmigiana (1 serving) with Meat Sauce	710	270	30	10	0	60	1060	80	10	10	30	480	10	210	0

Side 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)
BBQ Baked Beans (1 serving)	160	0	0	0	0	0	480	30	10	10	10	80	0	50	0
Baked Potato (1 serving)	230	0	0	0	0	0	10	50	0	0	10	0	60	40	0
Baked Potato (1 serving) with Bacon Bits	260	20	0	0	0	10	200	50	0	0	10	0	60	40	0
Baked Potato (1 serving) with Cheese	340	80	10	10	0	30	190	50	0	0	10	300	60	240	0
Baked Potato (1 serving) with Sour Cream	260	20	0	0	0	10	30	50	0	0	10	110	60	50	0
Big Boy Side Caesar Salad (1 salad)	480	420	50	10	0	120	510	10	0	0	10	5010	20	80	0
Cole Slaw (1 serving)	60	20	0	0	0	0	120	10	0	10	0	1900	30	50	0
Cole Slaw (1 serving) with Paprika	60	20	0	0	0	0	120	10	0	10	0	1990	30	50	0
Cottage Cheese (1 serving)	110	50	10	0	0	20	470	0	0	0	10	200	0	60	0
Cottage Cheese (1 serving) with Paprika	110	50	10	0	0	20	470	0	0	0	10	300	0	60	0
Country Green Beans (1 serving)	70	60	10	0	0	20	290	0	0	0	0	370	0	10	0
Country Green Beans (1 serving) with Bacon Bits	100	70	10	10	0	20	480	0	0	0	0	370	0	10	0
Grilled Garlic Roll (1 piece)	140	30	0	0	0	10	360	20	0	0	0	100	0	50	0
Grilled Garlic Roll (2 pieces)	270	60	10	0	0	20	710	50	0	0	10	200	0	100	0
Grilled Texas Toast (1 piece)	80	30	0	0	0	10	140	10	0	0	0	110	0	30	0
Grilled Texas Toast (2 pieces)	160	70	10	0	0	20	280	20	0	0	0	230	0	60	0
Loaded Mashed Potatoes (1 serving)	120	50	10	0	0	10	450	20	0	0	0	160	20	0	0
Loaded Mashed Potatoes (1 serving) with Bacon Bits	150	70	10	0	0	10	640	20	0	0	0	160	20	0	0
Loaded Mashed Potatoes (1 serving) with Cheese	230	130	10	10	0	40	630	20	0	0	10	460	20	200	0
Loaded Mashed Potatoes (1 serving) with Sour Cream	150	70	10	0	0	20	460	20	0	0	0	270	20	10	0

Mashed Potatoes with Gravy (1 serving)	170	70	10	0	0	10	700	20	0	0	0	220	20	0	0
Side of French Fries (1 serving)	290	110	10	0	0	0	780	40	0	0	0	0	10	0	0
Side of Macaroni and Cheese (1 serving)	200	50	10	0	0	10	180	30	0	0	10	140	0	100	0
Side of Vegetable Blend (1 serving)	30	0	0	0	0	0	40	10	0	0	0	850	10	0	0
Steamed Broccoli (1 serving)	90	60	10	0	0	20	70	0	0	0	0	2780	80	40	0
Sub of Onion Rings (1 serving)	440	240	30	0	0	0	700	50	0	10	0	0	0	0	0
Side Salad (1 salad)	100	50	10	0	0	20	170	10	0	0	10	1430	10	120	0
Side Salad (1 salad) with Bleu Cheese Dressing	300	230	30	10	0	60	700	10	0	0	10	1650	10	180	0
Side Salad (1 salad) with Caesar Dressing	500	420	50	10	0	130	530	10	0	0	10	1490	10	140	0
Side Salad (1 salad) with Country Ranch Dressing	340	270	30	10	0	60	610	10	0	0	10	1620	10	150	0
Side Salad (1 salad) with Fat Free Italian Dressing	120	50	10	0	0	20	590	10	0	0	10	1440	10	130	0
Side Salad (1 salad) with Garlic and Oil Dressing	370	300	30	10	0	20	550	10	0	0	10	1590	10	130	0
Side Salad (1 salad) with Honey Mustard Dressing	310	170	20	0	0	40	850	30	0	20	10	1460	10	140	0
Side Salad (1 salad) with Lo Cal Ranch Dressing	260	190	20	10	0	40	580	10	0	0	10	1540	10	170	0
Side Salad (1 salad) with Thousand Island Dressing	280	200	20	10	0	40	620	20	0	10	10	1600	10	130	0
Side Salad (1 salad) with Tomato and Spice Dressing	160	50	10	0	0	20	730	20	0	10	10	2100	20	130	0

Milkshakes, Malts, and Floats	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)
Chocolate Malt (1 serving)	740	380	40	20	10	20	580	80	0	50	10	210	0	260	0
Chocolate Shake (1 serving)	720	370	40	20	10	20	570	80	0	50	10	190	0	250	0
Root Beer Float (1 serving)	500	70	10	10	0	30	140	100	0	100	10	270	0	330	0
Strawberry Malt (1 serving)	570	140	20	10	0	40	180	90	0	90	10	370	10	410	0
Strawberry Milk Shake (1 serving)	540	140	20	10	0	40	170	90	0	90	10	360	10	400	0
Vanilla Malt (1 serving)	740	170	20	10	0	50	230	120	0	120	20	490	0	550	0
Vanilla Milk Shake (1 serving)	710	170	20	10	0	50	220	120	0	120	10	470	0	540	0
Butter Pecan Caramel Malt (1 serving)	700	220	20	10	0	40	260	110	0	100	10	390	0	430	0
Butter Pecan Caramel Milk Shake (1 serving)	670	220	20	10	0	40	240	100	0	90	10	370	0	420	0
Cookies and Cream Malt (1 serving)	990	270	30	20	0	50	550	160	0	140	20	490	0	550	0
Cookies and Cream Milk Shake (1 serving)	960	270	30	20	0	50	530	150	0	130	20	470	0	540	0
Mini Chocolate Malt (1 malt)	650	320	40	10	10	10	450	80	0	50	0	80	0	130	0
Mini Chocolate Shake (1 shake)	640	320	40	10	10	10	450	80	0	50	0	80	0	130	0
Mini Strawberry Malt (1 malt)	450	110	10	10	0	20	110	80	0	80	10	230	10	260	0
Mini Strawberry Shake (1 shake)	440	110	10	10	0	20	110	70	0	70	10	220	0	250	0
Mini Vanilla Malt (1 malt)	490	120	10	10	0	30	130	80	0	80	10	260	0	300	0
Mini Vanilla Shake (1 shake)	470	120	10	10	0	30	120	80	0	80	10	250	0	290	0
Peanut Butter Fudge Malt (1 serving)	950	520	60	20	10	20	700	90	0	50	20	210	0	260	0
Peanut Butter Fudge Milk Shake (1 serving)	930	520	60	20	10	20	690	80	0	50	20	190	0	250	0
Strawberry Cheesecake Malt (1 malt)	770	260	30	20	0	100	350	110	0	100	10	820	10	450	0
Strawberry Cheesecake Shake (1 shake)	1040	300	30	20	0	110	400	160	0	150	20	950	10	630	0
Wild Cherry Pepsi Float (1 serving)	510	70	10	10	0	30	130	100	0	100	10	270	0	330	0

Desserts	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)
Banana Cream Pie (1 slice)	760	430	50	20	20	0	760	80	0	30	0	130	0	90	0
Banana Split (1 serving)	750	190	20	10	0	10	260	130	0	100	10	270	40	150	0
Cheesecake (1 slice)	330	210	20	20	0	100	290	30	0	20	10	750	0	80	0
Chocolate Ice Cream (1 scoop)	90	50	10	0	0	0	80	10	0	0	0	0	0	10	0
Chocolate Ice Cream (2 scoops)	180	100	10	0	0	0	160	20	0	10	0	0	0	20	0
Coconut Cream Pie (1 slice)	700	280	30	20	0	20	460	100	0	70	10	300	0	290	0
French Silk Cream Pie (1 slice)	670	260	30	20	0	20	490	100	0	70	10	250	0	250	0
Hot Fudge Ice Cream Cake (1 serving)	460	100	10	10	0	20	590	80	0	60	10	160	0	110	0
Ice Cream Mud Pie (1 serving)	510	220	20	10	0	0	540	70	0	40	0	100	0	40	10
Mmm Candy Cookies (1 cookie)	420	170	20	10	0	20	480	60	0	40	0	750	0	20	0
Oatmeal Raisin Cookies (1 cookie)	390	130	10	0	0	30	410	60	0	30	10	300	0	100	0
Strawberry Cheesecake (1 serving)	410	210	20	20	0	100	290	40	0	40	10	760	30	90	0
Strawberry Ice Cream (1 scoop)	60	10	0	0	0	0	10	10	0	10	0	30	0	40	0
Strawberry Ice Cream (2 scoops)	120	20	0	0	0	10	30	20	0	20	0	60	0	70	0
Strawberry Pie (1 slice)	430	150	20	10	0	0	130	70	0	40	0	20	70	30	0
Super Sundae, made with Chocolate Ice Cream (1 serving)	410	230	30	10	10	0	300	40	0	20	0	100	0	60	0
Super Sundae, made with Chocolate Ice Cream (1 serving) witl	480	230	30	10	10	0	310	60	0	30	0	100	0	60	0
Super Sundae, made with Chocolate Ice Cream (1 serving) witl	660	240	30	10	10	0	450	100	0	60	0	100	0	60	0
Super Sundae, made with Chocolate Ice Cream (1 serving) witl	580	240	30	10	10	0	330	80	0	60	0	100	0	60	0
Super Sundae, made with Chocolate Ice Cream (1 serving) witl	510	240	30	10	10	0	390	60	0	40	0	100	0	70	0
Super Sundae, made with Chocolate Ice Cream (1 serving) witl	540	230	30	10	10	0	310	70	0	50	0	110	30	70	0
Super Sundae, made with Strawberry Ice Cream (1 serving)	290	80	10	10	0	10	60	50	0	50	0	210	0	160	0

Super Sundae, made with Strawberry Ice Cream (1 serving) wi	360	80	10	10	0	10	60	60	0	60	0	210	0	160	0
Super Sundae, made with Strawberry Ice Cream (1 serving) wi	540	90	10	10	0	10	210	110	0	90	0	210	0	160	0
Super Sundae, made with Strawberry Ice Cream (1 serving) wi	460	90	10	10	0	10	90	90	0	80	0	210	0	160	0
Super Sundae, made with Strawberry Ice Cream (1 serving) wi	390	90	10	10	0	10	150	70	0	70	0	210	0	170	0
Super Sundae, made with Strawberry Ice Cream (1 serving) wi	430	80	10	10	0	10	60	80	0	80	0	220	40	170	0
Super Sundae, made with Vanilla Ice Cream (1 serving)	400	100	10	10	0	20	100	70	0	60	10	290	0	250	0
Super Sundae, made with Vanilla Ice Cream (1 serving) with Ap	460	100	10	10	0	20	100	80	0	80	10	290	0	260	0
Super Sundae, made with Vanilla Ice Cream (1 serving) with Ca	650	110	10	10	0	20	250	130	0	110	10	290	0	250	0
Super Sundae, made with Vanilla Ice Cream (1 serving) with Cl	560	110	10	10	0	20	130	100	0	100	10	290	0	260	0
Super Sundae, made with Vanilla Ice Cream (1 serving) with He	490	110	10	10	0	20	180	90	0	80	10	290	0	260	0
Super Sundae, made with Vanilla Ice Cream (1 serving) with St	530	100	10	10	0	20	100	100	0	90	10	300	30	260	0
Vanilla Ice Cream (1 scoop)	90	10	0	0	0	10	20	20	0	20	0	50	0	60	0
Vanilla Ice Cream (2 scoops)	170	30	0	0	0	10	50	30	0	30	0	100	0	120	0
Banana Split Cream Pie (1 serving)	770	360	40	20	10	10	630	100	0	60	10	380	0	210	0
Butter Pecan Blast (1 serving)	1030	220	20	10	0	50	700	190	0	110	20	60	0	120	0
Caramel Topped Cheesecake (1 serving)	460	210	20	20	0	100	370	60	0	40	10	750	0	80	0
Chocolate Chip Cookie Sundae (1 serving)	690	270	30	20	0	30	530	100	0	80	10	950	0	180	0
Crumb Cherry Pie (1 serving)	460	120	10	10	0	0	580	80	10	10	10	680	0	0	0
Hot Fudge Topped Cheesecake (1 serving)	380	210	20	20	0	100	330	40	0	30	10	750	0	80	0
Junior Sundae (1 serving)	70	50	10	10	0	0	10	10	0	0	0	100	0	20	0
Junior Sundae (1 serving) with Ice Cream Choice Chocolate	300	170	20	10	10	0	210	30	0	20	0	100	0	50	0
Junior Sundae (1 serving) with Ice Cream Choice Strawberry	210	70	10	10	0	10	40	30	0	30	0	170	0	110	0
Junior Sundae (1 serving) with Ice Cream Choice Vanilla	230	70	10	10	0	10	50	30	0	30	0	190	0	130	0
Junior Sundae (1 serving) with Topping Choice Apple	110	50	10	10	0	0	10	10	0	10	0	100	0	20	0
Junior Sundae (1 serving) with Topping Choice Caramel	200	50	10	10	0	0	90	40	0	30	0	100	0	20	0
Junior Sundae (1 serving) with Topping Choice Chocolate	160	50	10	10	0	0	30	30	0	20	0	100	0	20	0
Junior Sundae (1 serving) with Topping Choice Hot Fudge	120	50	10	10	0	0	50	20	0	20	0	100	0	20	0
Junior Sundae (1 serving) with Topping Choice Strawberry	140	50	10	10	0	0	10	20	0	20	0	100	20	20	0
Mini Banana Split (1 serving)	360	80	10	10	0	10	80	60	0	50	0	230	10	140	0
Mini Oreo Cookie Sundae (1 serving)	410	130	10	10	0	10	230	60	0	50	0	190	0	130	0
Strawberry Shortcake (1 serving)	480	140	20	10	0	10	650	80	0	50	10	60	20	70	0
Ultimate Chocolate Brownie (1 serving)	610	260	30	10	10	30	410	80	10	50	0	0	0	30	0
Warm Apple Pie a la Mode (1 serving)	780	160	20	10	0	10	360	150	0	110	10	140	0	180	0
Warm Apple Pie a la Mode, No Sugar Added (1 serving)	640	160	20	10	0	10	280	110	0	80	10	140	0	180	0

Breakfast Entrees	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)
Belgian Waffle (1 serving)	370	150	20	10	0	130	770	50	0	0	10	600	0	180	0
Belgian Waffle with Apple Topping (1 serving)	580	160	20	10	0	130	770	100	0	40	10	610	0	190	0
Belgian Waffle with Strawberry Topping (1 serving)	580	160	20	10	0	130	780	100	0	40	10	600	10	180	0
Big Boy Eggs Benedict (1 serving)	470	220	30	10	0	540	1480	30	0	0	20	900	0	160	0
Big Boy Eggs Benedict (1 serving) with Fresh Fruit	550	230	30	10	0	540	1500	50	0	20	30	2560	30	170	0
Big Boy Eggs Benedict (1 serving) with Hash Browns	620	270	30	10	0	540	1480	60	0	10	30	900	20	160	0
Biscuits and Sausage Gravy (1 serving)	910	510	60	10	10	40	2420	80	0	10	20	10	0	20	0
Blockbuster (1 serving)	470	370	40	20	0	480	770	0	0	0	20	720	0	70	0
Blockbuster (1 serving) with Biscuits	940	630	70	30	10	520	2050	50	0	10	30	1170	0	70	0
Blockbuster (1 serving) with English Muffin	710	490	50	20	0	520	1230	30	0	0	30	1170	0	170	0
Blockbuster (1 serving) with Hash Browns	620	410	50	20	0	480	770	30	0	0	20	720	10	70	0
Blockbuster (1 serving) with Hot Cakes	670	410	50	20	0	530	1460	40	0	10	30	800	0	150	0
Blockbuster (1 serving) with Rye Toast	840	500	60	20	0	520	1420	50	0	0	30	1170	0	150	0
Blockbuster (1 serving) with Texas Toast	790	500	60	20	0	520	1320	40	0	10	30	1170	0	190	0
Blockbuster (1 serving) with Wheat Toast	720	490	50	20	0	520	1130	30	0	10	30	1170	0	150	0
Blockbuster (1 serving) with White Toast	720	500	60	20	0	520	1140	30	0	10	30	1170	0	110	0
Build Your Own 3 Egg Omelette (1 serving)	280	190	20	10	0	650	260	0	0	0	20	960	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with American Che	440	310	30	20	0	690	910	0	0	0	30	1410	0	300	0
Build Your Own 3 Egg Omelette (1 serving) with Bacon	380	270	30	10	0	660	560	0	0	0	20	960	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with Biscuits	750	450	50	20	10	690	1540	50	0	10	30	1420	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with Broccoli	290	190	20	10	0	650	270	0	0	0	20	1810	30	90	0
Build Your Own 3 Egg Omelette (1 serving) with Cheddar Chee	390	270	30	10	0	680	440	0	0	0	30	1260	0	280	0
Build Your Own 3 Egg Omelette (1 serving) with Chili	320	210	20	10	0	660	390	0	0	0	20	1230	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with English Muffin	520	310	30	20	0	690	720	30	0	0	20	1420	0	180	0
Build Your Own 3 Egg Omelette (1 serving) with Green Pepper	290	190	20	10	0	650	260	0	0	0	20	1070	20	80	0
Build Your Own 3 Egg Omelette (1 serving) with Ham	350	210	20	10	0	680	910	0	0	0	30	960	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with Hash Browns	330	210	20	10	0	650	260	10	0	0	20	960	10	80	0
Build Your Own 3 Egg Omelette (1 serving) with Hash Browns	430	230	30	10	0	650	270	30	0	0	20	960	10	80	0
Build Your Own 3 Egg Omelette (1 serving) with Hot Cakes	480	230	30	10	0	700	950	40	0	10	30	1050	0	160	0
Build Your Own 3 Egg Omelette (1 serving) with Mozzarella Ch	350	230	30	10	0	660	390	0	0	0	20	1110	0	230	0
Build Your Own 3 Egg Omelette (1 serving) with Mushrooms	290	190	20	10	0	650	260	0	0	0	20	960	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with Pepper Jack C	360	240	30	10	0	680	390	0	0	0	20	1160	0	230	0
Build Your Own 3 Egg Omelette (1 serving) with Red Onion	290	190	20	10	0	650	260	0	0	0	20	960	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with Rye Toast	650	320	40	20	0	690	910	50	0	0	30	1420	0	160	10
Build Your Own 3 Egg Omelette (1 serving) with Salsa	320	190	20	10	0	650	1220	10	0	10	20	960	10	80	0
Build Your Own 3 Egg Omelette (1 serving) with Sausage Links	440	330	40	10	0	680	540	0	0	0	20	960	0	90	0
Build Your Own 3 Egg Omelette (1 serving) with Sausage Patty	440	330	40	10	0	680	540	0	0	0	20	960	0	90	0
Build Your Own 3 Egg Omelette (1 serving) with Sour Cream	330	240	30	10	0	670	280	0	0	0	20	1170	0	110	0
Build Your Own 3 Egg Omelette (1 serving) with Swiss Cheese	390	260	30	10	0	680	320	0	0	0	30	1260	0	330	0
Build Your Own 3 Egg Omelette (1 serving) with Texas Toast	600	320	40	20	0	690	810	40	0	10	30	1420	0	200	0
Build Your Own 3 Egg Omelette (1 serving) with Tomatoes	290	190	20	10	0	650	260	0	0	0	20	1200	0	80	0
Build Your Own 3 Egg Omelette (1 serving) with Wheat Toast	530	310	30	20	0	690	630	30	0	10	20	1420	0	160	0
Build Your Own 3 Egg Omelette (1 serving) with White Toast	530	320	40	20	0	690	630	30	0	10	20	1420	0	120	0
Country Fried Steak and Eggs (1 serving)	710	450	50	20	0	510	2180	30	0	0	30	720	0	70	10
Country Fried Steak and Eggs (1 serving) with Biscuits	1190	710	80	30	10	540	3470	80	0	10	40	1180	0	70	10
Country Fried Steak and Eggs (1 serving) with English Muffin	960	570	60	30	0	540	2650	60	0	0	40	1180	0	170	10
Country Fried Steak and Eggs (1 serving) with Hash Browns	860	490	50	20	0	510	2190	50	0	0	30	720	10	70	10
Country Fried Steak and Eggs (1 serving) with Hot Cakes	910	490	50	20	0	560	2880	70	0	10	40	800	0	160	10
Country Fried Steak and Eggs (1 serving) with Rye Toast	1090	580	60	30	0	540	2830	80	10	0	40	1180	0	150	10
Country Fried Steak and Eggs (1 serving) with Texas Toast	1040	580	60	30	0	540	2730	70	0	10	40	1180	0	190	10

Country Fried Steak and Eggs (1 serving) with Wheat Toast	970	570	60	30	0	540	2550	60	10	10	40	1180	0	150	10
Country Fried Steak and Eggs (1 serving) with White Toast	970	580	60	30	0	540	2560	60	0	10	40	1180	0	110	10
Farmers Omelette (1 serving)	500	300	30	10	0	690	1180	10	0	0	30	1180	10	310	0
Farmers Omelette (1 serving) with Biscuits	970	550	60	30	10	720	2470	60	0	10	40	1640	10	310	10
Farmers Omelette (1 serving) with English Muffin	740	420	50	20	0	720	1650	40	0	0	40	1640	10	410	0
Farmers Omelette (1 serving) with Fresh Fruit	570	300	30	10	0	690	1200	30	0	20	30	2840	40	320	0
Farmers Omelette (1 serving) with Hash Browns	650	340	40	10	0	690	1190	40	0	10	30	1180	20	310	0
Farmers Omelette (1 serving) with Hot Cakes	700	340	40	10	0	740	1870	50	0	10	40	1270	10	390	10
Farmers Omelette (1 serving) with Rye Toast	870	430	50	20	0	720	1830	70	0	0	40	1640	10	390	10
Farmers Omelette (1 serving) with Texas Toast	820	430	50	20	0	720	1730	50	0	10	40	1640	10	430	10
Farmers Omelette (1 serving) with Wheat Toast	750	420	50	20	0	720	1550	40	0	10	40	1640	10	390	0
Farmers Omelette (1 serving) with White Toast	750	430	50	20	0	720	1560	40	0	10	40	1640	10	350	0
French Toast (1 serving)	290	40	0	0	0	80	490	50	0	20	10	130	0	180	0
French Toast with Apple Topping (1 serving)	420	50	10	0	0	80	500	80	0	40	10	140	0	180	0
French Toast with Strawberry Topping (1 serving)	460	60	10	0	0	80	500	90	0	50	10	150	80	200	0
Hot Cakes (1 serving)	610	120	10	0	0	160	2080	100	0	20	20	260	0	250	10
Hot Cakes with Apple Topping (1 serving)	850	130	10	0	0	150	2060	160	0	50	20	180	0	190	10
Hot Cakes with Strawberry Topping (1 serving)	850	130	10	0	0	150	2060	160	0	60	20	170	10	180	10
Hot Cakes, Short Stack (1 serving)	410	80	10	0	0	100	1380	70	0	10	10	170	0	160	0
Hot Cakes, Short Stack, with Apple Topping (1 serving)	560	90	10	0	0	100	1370	100	0	30	10	110	0	120	0
Hot Cakes, Short Stack, with Strawberry Topping (1 serving)	570	90	10	0	0	100	1380	100	0	40	10	110	10	120	0
Lumberjack Stuffed Potato Pancake (1 serving)	760	520	60	20	0	150	2210	30	0	0	30	700	10	280	0
Lumberjack Stuffed Potato Pancake (1 serving) with Biscuits	1240	780	90	30	10	180	3490	70	0	10	40	1150	10	280	0
Lumberjack Stuffed Potato Pancake (1 serving) with English M	1010	640	70	30	0	180	2670	50	0	10	40	1150	10	380	0
Lumberjack Stuffed Potato Pancake (1 serving) with Hot Cake	970	560	60	20	0	200	2900	60	0	10	40	780	10	360	0
Lumberjack Stuffed Potato Pancake (1 serving) with Rye Toast	1140	650	70	30	0	180	2860	80	10	0	40	1150	10	360	0
Lumberjack Stuffed Potato Pancake (1 serving) with Texas Toa	1090	660	70	30	0	180	2760	70	0	10	40	1150	10	400	0
Lumberjack Stuffed Potato Pancake (1 serving) with Wheat To	1020	640	70	30	0	180	2570	50	10	10	40	1150	10	360	0
Lumberjack Stuffed Potato Pancake (1 serving) with White Toa	1020	660	70	30	0	180	2580	50	0	10	40	1150	10	320	0
Very Berry Multi Grain Hot Cakes (1 serving)	920	310	30	10	0	170	2220	130	10	40	20	400	30	220	10
Potato Pancakes (1 serving)	530	190	20	0	0	90	1260	80	10	0	10	0	40	0	0
Potato Pancakes (1 serving) with Apple Sauce	580	190	20	0	0	90	1260	90	10	10	10	0	40	0	0
Potato Pancakes (1 serving) with Sour Cream	590	240	30	10	0	110	1280	80	10	0	10	210	40	30	0
Santa Fe Garden Stuffed Potato Pancake (1 serving)	760	340	40	20	0	140	2190	80	10	10	20	750	70	350	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Bisc	1230	600	70	30	10	170	3480	120	10	20	30	1210	70	350	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Engl	1000	460	50	20	0	170	2660	100	10	10	20	1210	70	450	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Hot	960	380	40	20	0	190	2890	110	10	20	30	840	70	440	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Rye	1130	470	50	20	0	170	2840	130	10	10	30	1210	70	430	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Texa	1080	480	50	20	0	170	2740	120	10	20	30	1210	70	470	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Whe	1010	470	50	20	0	170	2560	100	10	20	30	1210	70	430	0
Santa Fe Garden Stuffed Potato Pancake (1 serving) with Whit	1010	480	50	20	0	170	2570	110	10	20	20	1210	70	390	0
Scrammy Hammy (1 serving)	620	340	40	20	0	710	1100	30	0	0	40	1580	30	290	0
Scrammy Hammy (1 serving) with Biscuits	1100	600	70	30	10	750	2380	70	0	10	50	2040	30	290	10
Scrammy Hammy (1 serving) with English Muffin	870	460	50	20	0	750	1560	60	0	10	40	2040	30	390	10
Scrammy Hammy (1 serving) with Fresh Fruit	700	340	40	20	0	710	1120	50	0	20	40	3240	60	300	0
Scrammy Hammy (1 serving) with Hash Browns	770	380	40	20	0	710	1110	50	0	10	40	1580	50	290	0
Scrammy Hammy (1 serving) with Hot Cakes	830	380	40	20	0	760	1790	60	0	10	50	1670	30	370	10
Scrammy Hammy (1 serving) with Rye Toast	1000	470	50	20	0	750	1750	80	10	0	50	2040	30	370	10
Scrammy Hammy (1 serving) with Texas Toast	950	470	50	20	0	750	1650	70	0	10	50	2040	30	410	10
Scrammy Hammy (1 serving) with Wheat Toast	880	460	50	20	0	750	1460	50	10	10	50	2040	30	370	10
Scrammy Hammy (1 serving) with White Toast	880	470	50	20	0	750	1470	60	0	10	40	2040	30	330	0
Southern Omelette (1 serving)	810	580	60	20	0	710	1360	20	0	0	30	1180	10	330	0
Southern Omelette (1 serving) with Biscuits	1280	840	90	30	10	750	2640	70	0	10	40	1640	10	330	10
Southern Omelette (1 serving) with English Muffin	1050	700	80	30	0	750	1820	50	0	10	40	1640	10	430	0
Southern Omelette (1 serving) with Fresh Fruit	880	580	60	20	0	710	1380	40	0	20	40	2840	40	340	0
Southern Omelette (1 serving) with Hash Browns	960	620	70	20	0	710	1370	40	0	10	40	1180	20	330	0
Southern Omelette (1 serving) with Hot Cakes	1010	620	70	20	0	770	2050	60	0	10	40	1270	10	410	10
Southern Omelette (1 serving) with Rye Toast	1180	710	80	30	0	750	2010	70	0	0	40	1640	10	410	10
Southern Omelette (1 serving) with Texas Toast	1130	710	80	30	0	750	1910	60	0	10	40	1640	10	450	10
Southern Omelette (1 serving) with Wheat Toast	1060	700	80	30	0	750	1720	50	0	10	40	1640	10	410	0
Southern Omelette (1 serving) with White Toast	1060	710	80	30	0	750	1730	50	0	10	40	1640	10	370	0
Steak and Eggs (1 serving)	570	360	40	20	0	530	280	0	0	0	50	720	0	90	0
Steak and Eggs (1 serving) with Biscuits	1040	620	70	30	10	560	1560	50	0	0	50	1170	0	90	10
Steak and Eggs (1 serving) with English Muffin	810	480	50	20	0	560	740	30	0	0	50	1170	0	190	10
Steak and Eggs (1 serving) with Hash Browns	720	410	50	20	0	530	280	20	0	0	50	720	10	90	0
Steak and Eggs (1 serving) with Hot Cakes	770	400	40	20	0	580	970	40	0	10	50	800	0	180	10
Steak and Eggs (1 serving) with Rye Toast	940	490	50	20	0	560	930	50	0	0	60	1170	0	170	10
Steak and Eggs (1 serving) with Texas Toast	890	500	60	20	0	560	830	40	0	10	50	1170	0	210	10
Steak and Eggs (1 serving) with Wheat Toast	820	480	50	20	0	560	640	30	0	0	50	1170	0	170	10
Steak and Eggs (1 serving) with White Toast	820	500	60	20	0	560	650	30	0	0	50	1170	0	130	10
Banana Caramel Fruit Topped French Toast (1 serving)	520	50	10	0	0	80	570	100	0	50	10	210	10	180	0
Banana Caramel Hot Cakes (1 serving)	850	130	10	0	0	160	2150	160	10	50	20	330	10	250	10
Banana Caramel Hot Cakes Classic Combo (1 serving)	1000	220	20	0	0	580	2290	160	10	50	30	820	10	310	10
Banana Caramel Hot Cakes Classic Combo (1 serving) with Ba	1100	300	30	10	0	590	2590	160	10	50	40	820	10	310	10
Banana Caramel Hot Cakes Classic Combo (1 serving) with Po	1170	360	40	10	0	610	2570	160	10	60	40	820	10	320	10
Blueberry Hot Cakes (1 serving)	640	120	10	0	0	160	2080	110	0	20	20	260	0	250	10
Blueberry Hot Cakes Classic Combo (1 serving)	790	210	20	0	0	580	2220	110	0	20	30	740	0	300	10
Blueberry Hot Cakes Classic Combo (1 serving) with Bacon	890	290	30	10	0	590	2520	110	0	20	40	740	0	300	10
Blueberry Hot Cakes Classic Combo (1 serving) with Pork Sau	950	350	40	10	0	610	2490	110	0	20	40	740	0	310	10
Build Your Own Blockbuster Breakfast (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Build Your Own Blockbuster Breakfast (1 serving) with Bacon	100	80	10	0	0	10	300	0	0	0	0	0	0	0	0
Build Your Own Blockbuster Breakfast (1 serving) with Biscuit a	300	170	20	0	0	10	810	30	0	0	10	0	0	10	0
Build Your Own Blockbuster Breakfast (1 serving) with Biscuits	470	260	30	10	10	30	1280	50	0	0	10	460	0	0	0
Build Your Own Blockbuster Breakfast (1 serving) with Egg Bea	130	70	10	0	0	0	320	0	0	0	10	500	0	0	10
Build Your Own Blockbuster Breakfast (1 serving) with English	240	120	10	10	0	30	460	30	0	0	0	460	0	100	0
Build Your Own Blockbuster Breakfast (1 serving) with French	150	20	0	0	0	40	250	30	0	10	10	70	0	90	0
Build Your Own Blockbuster Breakfast (1 serving) with Fresh Fr	70	0	0	0	0	0	20	20	0	10	0	1660	30	10	0

Build Your Own Blockbuster Breakfast (1 serving) with Ham Ste	80	30	0	0	0	30	460	0	0	0	10	0	0	10	0
Build Your Own Blockbuster Breakfast (1 serving) with Hash Br	150	40	0	0	0	0	10	20	0	0	0	0	10	0	0
Build Your Own Blockbuster Breakfast (1 serving) with Hot Cak	100	20	0	0	0	30	350	20	0	0	0	40	0	40	0
Build Your Own Blockbuster Breakfast (1 serving) with Multi-Gr	300	100	10	0	0	60	740	40	0	10	10	130	0	70	0
Build Your Own Blockbuster Breakfast (1 serving) with Oatmea	60	10	0	0	0	0	0	10	0	0	0	0	0	0	0
Build Your Own Blockbuster Breakfast (1 serving) with Rye Toa	370	130	10	10	0	30	650	50	0	0	10	460	0	80	0
Build Your Own Blockbuster Breakfast (1 serving) with Sausage	170	140	20	10	0	30	280	0	0	0	10	0	0	20	0
Build Your Own Blockbuster Breakfast (1 serving) with Sausage	160	140	20	10	0	30	280	0	0	0	10	0	0	10	0
Build Your Own Blockbuster Breakfast (1 serving) with Texas T	320	130	10	10	0	30	550	40	0	10	10	460	0	120	0
Build Your Own Blockbuster Breakfast (1 serving) with Turkey S	70	40	0	0	0	30	180	0	0	0	10	0	0	0	0
Build Your Own Blockbuster Breakfast (1 serving) with Two Lar	210	150	20	10	0	440	190	0	0	0	10	720	0	50	0
Build Your Own Blockbuster Breakfast (1 serving) with Wheat T	250	120	10	10	0	30	360	30	0	0	10	460	0	80	0
Build Your Own Blockbuster Breakfast (1 serving) with White T	250	130	10	10	0	30	370	30	0	0	0	460	0	40	0
Build Your Own Blockbuster Breakfast (1 serving) with Yogurt	100	0	0	0	0	10	100	20	0	10	10	490	0	230	0
Chocolate Chip Hot Cakes (1 serving)	910	260	30	10	0	160	2080	140	10	50	20	300	0	270	10
Chocolate Chip Hot Cakes Classic Combo (1 serving)	1060	350	40	10	0	580	2220	140	10	50	30	790	0	320	10
Chocolate Chip Hot Cakes Classic Combo (1 serving) with Bac	1160	430	50	20	0	590	2520	140	10	50	40	790	0	320	10
Chocolate Chip Hot Cakes Classic Combo (1 serving) with Porl	1220	490	50	20	0	610	2500	140	10	50	40	790	0	330	10
Denver Omelette (1 serving)	530	340	40	20	0	720	1560	10	0	0	40	1520	30	310	0
Denver Omelette (1 serving) with Biscuits	1010	590	70	30	10	750	2840	50	0	10	50	1970	30	310	10
Denver Omelette (1 serving) with English Muffin	780	450	50	30	0	750	2020	40	0	10	40	1970	30	410	0
Denver Omelette (1 serving) with Fresh Fruit	610	340	40	20	0	720	1580	30	0	20	40	3170	60	320	0
Denver Omelette (1 serving) with Hash Browns	680	380	40	20	0	720	1560	30	0	10	40	1520	40	310	0
Denver Omelette (1 serving) with Hot Cakes	740	380	40	20	0	770	2250	40	0	10	40	1600	30	390	10
Denver Omelette (1 serving) with Rye Toast	910	460	50	30	0	750	2210	60	0	0	50	1970	30	390	10
Denver Omelette (1 serving) with Texas Toast	860	470	50	30	0	750	2110	50	0	10	50	1970	30	430	10
Denver Omelette (1 serving) with Wheat Toast	790	460	50	30	0	750	1920	30	0	10	40	1970	30	390	0
Denver Omelette (1 serving) with White Toast	790	470	50	30	0	750	1930	40	0	10	40	1970	30	350	0
Down Home Eggs Benedict (1 serving)	780	540	60	20	0	500	1500	30	0	0	30	490	0	90	0
Down Home Eggs Benedict (1 serving) with Fresh Fruit	850	540	60	20	0	500	1520	50	0	20	30	2150	30	100	0
Down Home Eggs Benedict (1 serving) with Hash Browns	930	590	70	20	0	500	1510	50	0	10	30	490	10	90	0
Grilled Pastry and Fresh Fruit (1 serving)	70	0	0	0	0	0	20	20	0	10	0	1660	30	10	0
Grilled Pastry and Fresh Fruit (1 serving) with Cinnamon Roll	570	110	10	0	0	60	590	100	0	40	10	1760	30	50	0
Grilled Pastry and Fresh Fruit (1 serving) with Pecan Roll	730	180	20	0	0	50	540	120	10	60	10	1660	30	50	0

Breakfast Side 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)
Cinnamon Roll (1 roll)	500	110	10	0	0	60	570	90	0	30	10	100	0	40	0
Cinnamon Roll (1 roll) with Butter	550	160	20	10	0	80	620	90	0	30	10	400	0	40	0
Fruit Plate (1 serving)	70	0	0	0	0	0	30	10	0	10	0	2920	50	10	0
Fruit Plate (1 serving) with Grapes	100	0	0	0	0	0	30	20	0	20	0	2940	50	20	0
Fruit Plate (1 serving) with Strawberries	90	0	0	0	0	0	30	20	0	20	0	2920	90	20	0
Fruit Plate (1 serving) with Watermelon	90	0	0	0	0	0	30	20	0	20	0	3240	50	20	0
Hash Browns (1 serving)	150	40	0	0	0	0	10	20	0	0	0	0	10	0	0
Hash Browns (1 serving) with Bacon Bits	180	60	10	0	0	10	200	20	0	0	0	0	10	0	0
Hash Browns (1 serving) with Cheese	260	120	10	10	0	30	190	20	0	0	10	300	10	200	0
Hash Browns (1 serving) with Sour Cream	170	70	10	0	0	10	20	20	0	0	0	110	10	10	0
Oatmeal (1 serving)	150	30	0	0	0	0	10	30	0	0	10	0	0	10	0
Oatmeal (1 serving) with Brown Sugar	380	30	0	0	0	0	10	80	0	60	10	0	0	10	0
Oatmeal (1 serving) with Milk	210	50	10	0	0	10	50	30	0	0	10	110	0	120	0
Oatmeal (1 serving) with Raisins	240	30	0	0	0	0	10	50	10	20	10	0	0	20	0
Side of Bacon (1 serving)	200	160	20	10	0	20	600	0	0	0	10	0	0	0	0
Side of Grapefruit (1 serving)	50	0	0	0	0	0	0	10	0	10	0	1190	40	20	0
Side of Ham Steak (1 serving)	150	60	10	0	0	60	920	0	0	0	20	0	0	30	0
Side of Sausage Links (1 serving)	330	280	30	10	0	60	560	0	0	0	10	0	0	30	0
Side of Sausage Patties (1 serving)	330	280	30	10	0	60	550	0	0	0	10	0	0	30	0
Side of Strawberries (1 serving)	60	0	0	0	0	0	0	10	0	10	0	20	100	30	0
Side of Sliced Bananas (1 serving)	120	0	0	0	0	0	0	30	0	10	0	80	10	10	0
Brawny Lad Patty (1 serving)	210	120	10	10	0	70	600	0	0	0	20	0	0	20	0
Caramel Pecan Roll (1 roll)	650	170	20	0	0	50	530	110	0	50	10	0	0	40	0
Caramel Pecan Roll (1 roll) with Butter	710	230	30	10	0	60	580	110	0	50	10	300	0	40	0
Fresh Fruit Cup (1 serving)	70	0	0	0	0	0	20	20	0	10	0	1660	30	10	0
Loaded Hash Browns (1 serving)	150	40	0	0	0	0	10	20	0	0	0	0	10	0	0
Loaded Hash Browns (1 serving) with Bacon Bits	180	60	10	0	0	10	200	20	0	0	0	0	10	0	0
Loaded Hash Browns (1 serving) with Cheese	260	120	10	10	0	30	190	20	0	0	10	300	10	200	0
Loaded Hash Browns (1 serving) with Sour Cream	170	70	10	0	0	10	20	20	0	0	0	110	10	10	0
Side of Turkey Sausage (1 serving)	140	70	10	0	0	60	360	0	0	0	20	0	0	0	0
Yogurt and Granola (1 serving)	310	40	0	0	0	0	110	60	0	30	10	410	0	210	0

Lite Bites	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)
Banana Topped Oatmeal (1 serving)	270	30	0	0	0	0	10	50	10	10	10	80	10	10	0
Banana Topped Oatmeal (1 serving) with Brown Sugar	490	30	0	0	0	0	10	110	10	70	10	80	10	10	0
Banana Topped Oatmeal (1 serving) with Milk	320	50	10	0	0	10	50	60	10	20	10	190	10	120	0
Banana Topped Oatmeal (1 serving) with Raisins	360	30	0	0	0	0	10	80	10	30	10	80	10	30	0
Biscuits and Gravy (1 serving)	610	340	40	10	10	20	1610	50	0	0	10	0	0	20	0
Blueberry Topped Oatmeal (1 serving)	180	20	0	0	0	0	10	30	10	10	10	0	0	10	0
Blueberry Topped Oatmeal (1 serving) with Brown Sugar	410	20	0	0	0	0	10	90	10	60	10	0	0	10	0
Blueberry Topped Oatmeal (1 serving) with Milk	230	50	10	0	0	10	50	40	10	10	10	110	0	120	0
Blueberry Topped Oatmeal (1 serving) with Raisins	270	20	0	0	0	0	10	60	10	30	10	0	0	20	0
Blueberry and Strawberry Topped Oatmeal (1 serving)	210	20	0	0	0	0	10	40	0	10	10	0	10	10	0
Blueberry and Strawberry Topped Oatmeal (1 serving) with Bro	440	20	0	0	0	0	10	100	0	70	10	0	10	10	0
Blueberry and Strawberry Topped Oatmeal (1 serving) with Mill	270	50	10	0	0	10	60	50	0	20	10	110	10	120	0
Blueberry and Strawberry Topped Oatmeal (1 serving) with Rai	300	20	0	0	0	0	20	60	10	30	10	0	10	20	0

Cinnamon Apple Topped Oatmeal (1 serving)	210	20	0	0	0	0	10	40	0	10	10	0	0	10	0
Cinnamon Apple Topped Oatmeal (1 serving) with Brown Suga	440	20	0	0	0	0	10	100	0	70	10	0	0	10	0
Cinnamon Apple Topped Oatmeal (1 serving) with Milk	270	50	10	0	0	10	50	50	0	20	10	110	0	120	0
Cinnamon Apple Topped Oatmeal (1 serving) with Raisins	300	20	0	0	0	0	10	60	10	30	10	0	0	20	0
Grilled Cinnamon Roll (1 serving)	500	110	10	0	0	60	570	90	0	30	10	100	0	40	0
Grilled Cinnamon Roll (1 serving) with Butter	550	160	20	10	0	80	620	90	0	30	10	400	0	40	0
Grilled Cinnamon Roll (1 serving) with Fresh Fruit	570	110	10	0	0	60	590	100	0	40	10	1760	30	50	0
Grilled Pecan Roll (1 serving)	650	170	20	0	0	50	530	110	0	50	10	0	0	40	0
Grilled Pecan Roll (1 serving) with Butter	710	230	30	10	0	60	580	110	0	50	10	300	0	40	0
Grilled Pecan Roll (1 serving) with Fresh Fruit	730	180	20	0	0	50	540	120	10	60	10	1660	30	50	0
Oatmeal and Fresh Fruit (1 serving)	220	20	0	0	0	0	20	40	10	10	10	1660	30	20	0
Oatmeal and Fresh Fruit (1 serving) with Brown Sugar	450	20	0	0	0	0	20	100	10	70	10	1660	30	20	0
Oatmeal and Fresh Fruit (1 serving) with Milk	280	50	10	0	0	10	70	50	10	20	10	1770	30	130	0
Oatmeal and Fresh Fruit (1 serving) with Raisins	320	20	0	0	0	0	30	70	10	40	10	1660	30	30	0
Strawberry Topped Oatmeal (1 serving)	250	20	0	0	0	0	20	50	0	20	10	0	10	10	0
Strawberry Topped Oatmeal (1 serving) with Brown Sugar	470	20	0	0	0	0	20	110	0	80	10	0	10	10	0
Strawberry Topped Oatmeal (1 serving) with Milk	300	50	10	0	0	10	70	50	0	30	10	110	20	120	0
Strawberry Topped Oatmeal (1 serving) with Raisins	340	20	0	0	0	0	30	70	10	40	10	0	10	20	0
Yogurt Parfait and Fresh Fruit (1 serving)	380	50	10	0	0	0	130	80	0	40	10	2070	30	220	0

Breakfast Buffets	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)
American Fries (1 serving spoon)	130	40	0	0	0	0	80	20	0	0	0	10	10	10	0
Apple Fritters (1 fritter)	310	80	10	0	0	80	240	50	0	10	10	140	0	60	0
Apple Waffle Topping (1 ladle)	30	0	0	0	0	0	0	10	0	10	0	0	0	0	0
Bacon (1 slice)	50	40	0	0	0	10	150	0	0	0	0	0	0	0	0
Banana Fritters (1 piece)	310	80	10	0	0	80	240	50	0	10	10	140	0	60	0
Biscuits (1 biscuit)	180	70	10	0	0	0	590	20	0	0	0	0	0	0	0
Blueberry Syrup (1 ladle)	110	0	0	0	0	0	0	30	0	30	0	0	0	0	0
Cheese Sauce (1 ladle)	10	10	0	0	0	0	50	0	0	0	0	0	0	0	0
Cheesy Hash Brown Potatoes (1 serving spoon)	140	50	10	0	0	10	230	20	0	0	0	70	10	40	0
Cinnamon French Toast Stix (1 piece)	50	10	0	0	0	10	60	10	0	0	0	20	0	40	0
Corned Beef Hash (1 serving spoon)	220	180	20	10	0	30	360	10	0	0	10	0	0	0	0
Country Sausage Hash (1 serving spoon)	260	170	20	10	0	30	830	20	0	0	10	20	10	20	0
Deep Fried Corn Nuggets (1 nugget)	40	20	0	0	0	0	60	0	0	0	0	0	0	0	0
French Toast (1 piece)	150	20	0	0	0	40	250	30	0	10	10	70	0	90	0
French Toastettes (1 piece)	70	30	0	0	0	10	200	10	0	0	0	20	0	10	0
Grilled Potatoes (1 serving spoon)	120	30	0	0	0	0	40	20	0	0	0	20	20	20	0
Grits (1 serving spoon)	80	20	0	0	0	10	20	10	0	0	0	80	0	10	0
Hash Browns (1 serving spoon)	150	40	0	0	0	0	10	20	0	0	0	0	10	0	0
Hot Cakes (1 hot cake)	100	20	0	0	0	30	350	20	0	0	0	40	0	40	0
Knockwurst with Peppers and Onions (1 serving tong)	60	30	0	0	0	10	140	0	0	0	0	150	10	10	0
Maple Syrup (1 ladle)	80	0	0	0	0	0	0	20	0	20	0	0	0	0	0
Oatmeal (1 serving spoon)	70	10	0	0	0	0	0	10	0	0	0	0	0	0	0
Sausage Links (1 link)	80	70	10	0	0	20	140	0	0	0	0	0	0	10	0
Sausage Patties (1 patty)	160	140	20	10	0	30	280	0	0	0	10	0	0	10	0
Sausage and Cheese Egg Bake (unspecified quantity)	330	200	20	10	0	270	770	20	0	0	20	440	0	180	0
Sauteed Green Peppers and Onions (1 serving tong)	20	10	0	0	0	0	0	0	0	0	0	60	10	0	0
Sauteed Mushrooms and Onions (1 serving tong)	10	10	0	0	0	0	10	0	0	0	0	20	0	0	0
Scrambled Eggs (1 serving spoon)	190	120	10	0	0	350	430	0	0	0	10	530	0	90	0
Southwest Sausage Scramble (1 serving spoon)	180	120	10	0	0	180	560	0	0	0	10	370	0	120	0
Strawberry Waffle Topping (1 ladle)	30	0	0	0	0	0	0	10	0	10	0	0	0	0	0
Waffles (1 waffle)	370	150	20	10	0	130	770	50	0	0	10	600	0	180	0
Western Scramble (1 serving spoon)	150	90	10	0	0	220	390	0	0	0	10	440	10	120	0

Salad Bar 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)
1000 Island Dressing (1 ladle)	180	150	20	0	0	30	440	10	0	10	0	170	0	10	0
Ambrosia Salad (1 serving spoon)	270	60	10	0	0	20	210	50	0	40	0	290	10	190	0
Antipasta Salad (1 serving spoon)	220	110	10	0	0	0	380	20	0	0	10	360	20	40	0
Apple Sauce (1 small serving spoon)	50	0	0	0	0	0	10	10	0	10	0	0	0	0	0
Beets (1 serving tong)	10	0	0	0	0	0	50	0	0	0	0	0	0	0	0
Black Olives (1 serving tong)	60	50	10	0	0	0	230	0	0	0	0	0	0	0	0
Bleu Cheese Dressing (1 ladle)	200	180	20	10	0	40	530	0	0	0	0	220	0	60	0

Broccoli (1 serving tong)	10	0	0	0	0	0	0	0	0	0	0	530	20	10	0
Broccoli Cheddar Ranch Salad with Bacon (1 serving spoon)	250	190	20	10	0	40	670	10	0	0	10	1580	40	170	0
Cantaloupe (1 slice)	10	0	0	0	0	0	0	0	0	0	0	960	10	0	0
Carrots (1 serving tong)	10	0	0	0	0	0	20	0	0	0	0	4620	0	10	0
Cauliflower (1 serving tong)	10	0	0	0	0	0	10	0	0	0	0	0	10	10	0
Celery (1 serving tong)	0	0	0	0	0	0	20	0	0	0	0	110	0	10	0
Cheddar Cheese, Shredded (1 serving tong)	110	80	10	10	0	30	180	0	0	0	10	300	0	200	0
Cherry Tomatoes (1 serving tong)	10	0	0	0	0	0	0	0	0	0	0	310	0	0	0
Cole Slaw (1 small serving spoon)	30	10	0	0	0	0	60	0	0	0	0	950	20	20	0
Cool Cucumber Salad (1 serving spoon)	60	30	0	0	0	10	420	10	0	0	0	250	0	30	0
Cottage Cheese (1 small serving spoon)	60	20	0	0	0	10	240	0	0	0	10	100	0	30	0
Country Ranch Dressing (1 ladle)	240	220	20	10	0	40	440	0	0	0	0	190	0	30	0
Cucumbers (1 serving tong)	10	0	0	0	0	0	0	0	0	0	0	30	0	0	0
Diced Pears (1 small serving spoon)	40	0	0	0	0	0	10	10	0	10	0	100	10	0	0
Dill Pickle Spears (1 pickle)	0	0	0	0	0	0	330	0	0	0	0	0	0	0	0
Fat Free Italian Dressing (1 ladle)	20	0	0	0	0	0	420	10	0	0	0	20	0	0	0
Feta Cheese (1 small serving spoon)	80	50	10	0	0	20	320	0	0	0	10	200	0	60	0
Four Bean Salad (1 serving spoon)	80	0	0	0	0	0	370	20	0	10	0	0	0	20	0
Fruit Cocktail (1 small serving spoon)	40	0	0	0	0	0	10	10	0	10	0	100	0	0	0
Fruity Melon Medley (1 serving spoon)	80	0	0	0	0	0	90	20	0	10	0	1180	20	50	0
Garbanzo Beans (1 serving tong)	60	0	0	0	0	0	160	10	0	0	0	50	0	20	0
Garlic Herb Caesar Pasta (1 serving spoon)	320	180	20	0	0	40	590	30	0	0	10	90	10	90	0
Garlic Mushrooms and Veggies (1 serving spoon)	170	130	10	0	0	0	1980	10	0	0	0	120	30	10	0
Garlic and Oil Dressing (1 ladle)	270	250	30	0	0	0	380	0	0	0	0	170	0	10	0
Hard Boiled Eggs (1 small serving spoon)	50	30	0	0	0	140	40	0	0	0	0	200	0	20	0
Honey Mustard Dressing (1 ladle)	210	120	10	0	0	20	680	20	0	20	0	30	0	20	0
Honeydew (1 slice)	10	0	0	0	0	0	10	0	0	0	0	10	10	0	0
Italian Summer Pasta Salad (1 serving spoon)	240	130	10	0	0	0	140	20	0	0	10	260	10	10	0
Jalapenos (1 serving tong)	10	0	0	0	0	0	300	0	0	0	0	200	0	0	0
Lo Cal Ranch Dressing (1 ladle)	160	140	20	0	0	30	400	0	0	0	0	110	0	40	0
Macaroni Salad (1 serving spoon)	190	80	10	0	0	10	440	30	0	10	0	0	0	90	0
Macaroni and Chicken Salad (1 serving spoon)	200	50	10	0	0	20	680	30	0	0	10	210	10	10	0
Melon Medley (1 serving spoon)	90	40	0	0	0	10	60	10	0	10	0	1090	20	10	0
Mushrooms, Sliced (1 serving tong)	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oven Roasted Potato Salad (1 serving spoon)	180	100	10	0	0	0	1280	20	0	0	0	380	40	30	0
Pears, Sliced (1 small serving spoon)	30	0	0	0	0	0	10	10	0	10	0	0	0	0	0
Pepperoncini (1 serving tong)	10	0	0	0	0	0	690	0	0	0	0	0	0	30	0
Pepperoni (1 serving tong)	120	90	10	0	0	40	430	0	0	0	10	0	0	0	0
Pickle Slices (1 serving tong)	0	0	0	0	0	0	460	0	0	0	0	0	0	20	0
Pineapple Tidbits (1 small serving spoon)	40	0	0	0	0	0	0	10	0	10	0	0	0	10	0
Potato Salad (1 serving spoon)	240	120	10	0	0	10	540	30	0	10	0	0	0	0	0
Radishes (1 serving tong)	10	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Red Onions (1 serving tong)	10	0	0	0	0	0	0	0	0	0	0	0	0	10	0
Salad Mix (1 serving tong)	0	0	0	0	0	0	0	0	0	0	0	190	0	0	0
Spanish Rice Salad (1 serving spoon)	150	0	0	0	0	0	600	30	10	0	10	210	0	40	0
Spicy Fiesta Taco Salad (1 serving spoon)	110	20	0	0	0	10	650	20	10	0	10	350	10	80	0
Tomato Slices (1 serving tong)	10	0	0	0	0	0	0	0	0	0	0	240	0	0	0
Tomato and Spice Dressing (1 ladle)	60	0	0	0	0	0	550	10	0	10	0	670	10	10	0
Tuna Noodle Casserole Salad (1 serving spoon)	180	70	10	0	0	40	150	20	0	0	10	40	10	10	0
Veggie Pasta Alfredo (1 serving spoon)	240	90	10	0	0	0	170	30	0	0	10	450	10	80	0

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)
Kiddie Malt, Chocolate (1 serving)	350	170	20	10	0	10	250	40	0	30	0	120	0	140	0
Kiddie Malt, Strawberry, Plating (1 serving)	300	90	10	10	0	20	90	50	0	40	10	180	0	190	0
Kiddie Malt, Vanilla (1 serving)	360	100	10	10	0	20	110	60	0	60	10	210	0	230	0
Kiddie Shake, Chocolate (1 serving)	340	170	20	10	0	10	250	40	0	30	0	110	0	140	0

Kiddie Shake, Strawberry (1 serving)	290	90	10	10	0	20	80	40	0	40	0	170	0	180	0
Kiddie Shake, Vanilla (1 serving)	350	100	10	10	0	20	100	60	0	50	10	210	0	230	0
Kiddie Sundae, made with Chocolate Ice Cream (1 serving)	240	140	20	10	0	0	160	20	0	10	0	100	0	40	0
Kiddie Sundae, made with Chocolate Ice Cream (1 serving) wit	280	140	20	10	0	0	160	30	0	20	0	100	0	40	0
Kiddie Sundae, made with Chocolate Ice Cream (1 serving) wit	370	140	20	10	0	0	230	50	0	30	0	100	0	40	0
Kiddie Sundae, made with Chocolate Ice Cream (1 serving) wit	330	140	20	10	0	0	170	40	0	30	0	100	0	40	0
Kiddie Sundae, made with Chocolate Ice Cream (1 serving) wit	290	150	20	10	0	0	200	40	0	20	0	100	0	40	0
Kiddie Sundae, made with Chocolate Ice Cream (1 serving) wit	320	140	20	10	0	0	160	40	0	30	0	110	30	50	0
Kiddie Sundae, made with Strawberry Ice Cream (1 serving)	180	60	10	10	0	10	40	30	0	30	0	160	0	90	0
Kiddie Sundae, made with Strawberry Ice Cream (1 serving) wi	220	60	10	10	0	10	40	40	0	30	0	160	0	90	0
Kiddie Sundae, made with Strawberry Ice Cream (1 serving) wi	310	70	10	10	0	10	110	60	0	50	0	160	0	90	0
Kiddie Sundae, made with Strawberry Ice Cream (1 serving) wi	270	70	10	10	0	10	50	50	0	40	0	160	0	90	0
Kiddie Sundae, made with Strawberry Ice Cream (1 serving) wi	230	70	10	10	0	10	80	40	0	40	0	160	0	90	0
Kiddie Sundae, made with Strawberry Ice Cream (1 serving) wi	260	70	10	10	0	10	40	50	0	40	0	160	40	100	0
Kiddie Sundae, made with Vanilla Ice Cream (1 serving)	230	70	10	10	0	10	50	40	0	30	0	200	0	140	0
Kiddie Sundae, made with Vanilla Ice Cream (1 serving) with A	270	70	10	10	0	10	50	40	0	40	0	200	0	140	0
Kiddie Sundae, made with Vanilla Ice Cream (1 serving) with C	360	80	10	10	0	10	130	70	0	60	0	200	0	140	0
Kiddie Sundae, made with Vanilla Ice Cream (1 serving) with C	320	80	10	10	0	10	70	60	0	50	0	200	0	140	0
Kiddie Sundae, made with Vanilla Ice Cream (1 serving) with H	280	80	10	10	0	10	100	50	0	40	0	200	0	140	0
Kiddie Sundae, made with Vanilla Ice Cream (1 serving) with S	310	80	10	10	0	10	60	50	0	50	0	200	30	150	0
Kidz Chili Fries (1 serving)	230	100	10	0	0	20	650	30	0	0	10	540	10	10	0
Kidz Chili Fries (1 serving) with Cheese	340	180	20	10	0	50	830	30	0	0	10	840	10	210	0
Kidz Chocolate Ice Cream (1 scoop)	90	50	10	0	0	0	80	10	0	0	0	0	0	10	0
Kidz Jumping Jack Flap Cakes (1 serving)	200	40	0	0	0	50	690	30	0	10	10	90	0	80	0
Kidz Jumping Jack Flap Cakes (1 serving) with Bacon	300	120	10	0	0	60	990	30	0	10	10	90	0	80	0
Kidz Jumping Jack Flap Cakes (1 serving) with Sausage Links	370	180	20	10	0	80	970	40	0	10	10	90	0	100	0
Kidz Jumping Jack Flap Cakes (1 serving) with Sausage Pattie	370	180	20	10	0	80	970	40	0	10	10	90	0	100	0
Kidz Onion Rings (1 serving)	440	240	30	0	0	0	700	50	0	10	0	0	0	0	0
Kidz Onion Rings, Sub (1 serving)	220	120	10	0	0	0	350	20	0	0	0	0	0	0	0
Kidz Side of French Fries (1 serving)	140	60	10	0	0	0	390	20	0	0	0	0	0	0	0
Kidz Strawberry Ice Cream (1 serving)	60	10	0	0	0	0	10	10	0	10	0	30	0	40	0
Kidz Vanilla Ice Cream (1 scoop)	90	10	0	0	0	10	20	20	0	20	0	50	0	60	0
Kidz Yogurt (1 scoop)	30	0	0	0	0	0	30	0	0	0	0	130	0	60	0
Kidzmeal Chicken Tenders (1 serving)	220	110	10	0	0	30	720	10	0	0	10	50	0	20	0
Kidzmeal Chicken Tenders (1 serving) with French Fries	360	170	20	0	0	30	1110	30	0	0	20	50	0	20	0
Kidzmeal Eggs and Friends (1 serving)	130	100	10	10	0	230	120	0	0	0	10	470	0	30	0
Kidzmeal Eggs and Friends (1 serving) with Bacon	230	180	20	10	0	240	420	0	0	0	10	470	0	30	0
Kidzmeal Eggs and Friends (1 serving) with Biscuits	610	360	40	20	10	260	1400	50	0	0	10	930	0	30	0
Kidzmeal Eggs and Friends (1 serving) with English Muffin	380	220	20	10	0	260	580	30	0	0	10	930	0	130	0
Kidzmeal Eggs and Friends (1 serving) with Hot Cakes	330	140	20	10	0	280	810	30	0	10	10	560	0	110	0
Kidzmeal Eggs and Friends (1 serving) with Rye Toast	510	230	30	10	0	260	770	50	0	0	20	930	0	110	0
Kidzmeal Eggs and Friends (1 serving) with Sausage Links	300	240	30	10	0	260	400	0	0	0	10	470	0	40	0
Kidzmeal Eggs and Friends (1 serving) with Sausage Patties	300	240	30	10	0	260	400	0	0	0	10	470	0	40	0
Kidzmeal Eggs and Friends (1 serving) with Texas Toast	460	230	30	10	0	260	670	40	0	10	10	930	0	150	0
Kidzmeal Eggs and Friends (1 serving) with Wheat Toast	390	220	20	10	0	260	490	30	0	0	10	930	0	110	0
Kidzmeal Eggs and Friends (1 serving) with White Toast	390	230	30	10	0	260	490	30	0	0	10	930	0	70	0
Kidzmeal Grilled Cheese (1 sandwich)	360	190	20	10	0	50	1070	30	0	10	10	650	0	270	0
Kidzmeal Grilled Cheese (1 sandwich) with French Fries	500	250	30	10	0	50	1460	50	0	10	10	650	0	270	0
Kidzmeal Kiddie Cheeseburger (1 sandwich)	280	100	10	0	0	40	1340	30	0	0	20	0	0	30	0
Kidzmeal Kiddie Cheeseburger (1 sandwich) with Cheese	360	160	20	10	0	60	1660	30	0	0	20	230	0	140	0
Kidzmeal Kiddie Cheeseburger (1 sandwich) with French Fries	420	160	20	0	0	40	1730	50	0	0	20	0	0	30	0
Kidzmeal Macaroni and Cheese (1 serving)	340	100	10	0	0	30	830	50	0	10	10	0	0	150	0
Kidzmeal Macaroni and Cheese (1 serving) with Toast	500	160	20	10	0	40	1100	70	0	10	20	200	0	210	0
Kidzmeal Mozzarella Cheese Sticks (1 serving)	270	130	10	10	0	30	690	20	0	0	10	300	0	300	0
Kidzmeal Mozzarella Cheese Sticks (1 serving) with French Fri	420	180	20	10	0	30	1080	40	0	0	10	300	0	300	0
Kidzmeal Spaghetti (1 serving)	260	30	0	0	0	0	10	50	0	0	10	0	0	0	0
Kidzmeal Spaghetti (1 serving) with Marinara Sauce	320	70	10	0	0	0	140	50	0	10	10	380	0	20	0
Kidzmeal Spaghetti (1 serving) with Meat Sauce	310	50	10	0	0	10	170	50	0	10	10	420	10	10	0
Kidzmeal Spaghetti (1 serving) with Toast	420	90	10	0	0	20	280	70	0	10	10	200	0	60	0

Senior 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)
Senior Eggs (1 serving)	210	150	20	10	0	440	190	0	0	0	10	720	0	50	0
Senior Eggs (1 serving) with Bacon	310	230	30	10	0	450	490	0	0	0	20	720	0	50	0
Senior Eggs (1 serving) with Biscuits	680	400	40	20	10	480	1470	50	0	0	20	1170	0	50	0
Senior Eggs (1 serving) with English Muffin	450	260	30	20	0	480	650	30	0	0	20	1170	0	150	0
Senior Eggs (1 serving) with Hot Cakes	410	190	20	10	0	490	880	40	0	10	20	800	0	130	0
Senior Eggs (1 serving) with Rye Toast	580	280	30	20	0	480	840	50	0	0	20	1170	0	130	0
Senior Eggs (1 serving) with Sausage Links	370	290	30	10	0	470	470	0	0	0	20	720	0	70	0
Senior Eggs (1 serving) with Sausage Patties	370	290	30	10	0	470	470	0	0	0	20	720	0	70	0
Senior Eggs (1 serving) with Texas Toast	530	280	30	20	0	480	740	40	0	10	20	1170	0	170	0
Senior Eggs (1 serving) with Turkey Sausage	280	180	20	10	0	470	370	0	0	0	20	720	0	50	0
Senior Eggs (1 serving) with Wheat Toast	460	270	30	20	0	480	560	30	0	0	20	1170	0	130	0
Senior Eggs (1 serving) with White Toast	460	280	30	20	0	480	560	30	0	0	20	1170	0	90	0
Senior Hot Cakes (1 serving)	410	80	10	0	0	100	1380	70	0	10	10	170	0	160	0
Senior Hot Cakes (1 serving) with Bacon	510	160	20	0	0	110	1680	70	0	10	20	170	0	160	0
Senior Hot Cakes (1 serving) with Sausage Links	570	220	20	10	0	130	1660	70	0	10	20	170	0	180	0
Senior Hot Cakes (1 serving) with Sausage Patties	570	220	20	10	0	130	1660	70	0	10	20	170	0	180	0
Senior Hot Cakes (1 serving) with Turkey Sausage	480	120	10	0	0	130	1560	70	0	10	20	170	0	160	0

Beverages	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)
Caffeine Free Diet Pepsi (1 drink)	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Chocolate Milk (10 fluid ounces)	190	30	0	0	0	20	250	30	0	30	10	630	0	380	0
Chocolate Milk (16 fluid ounces)	300	50	10	0	0	30	400	50	0	40	20	1000	0	600	0

Coffee (1 serving)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Diet Mountain Dew (1 drink)	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
Diet Pepsi (1 drink)	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Golfer's Tea (1 drink)	70	0	0	0	0	0	30	20	0	20	0	0	10	10	0
Grapefruit Juice (10 fluid ounces)	130	0	0	0	0	0	20	30	0	20	0	0	90	30	0
Grapefruit Juice (16 fluid ounces)	200	0	0	0	0	0	30	50	0	30	0	0	140	40	0
Hot Chocolate (1 drink)	180	70	10	10	0	0	180	30	0	20	0	0	0	300	0
Hot Chocolate Caramel Spice (1 drink)	290	80	10	10	0	0	300	50	0	30	0	0	0	530	0
Hot Chocolate Supreme (1 drink)	280	80	10	10	0	0	300	50	0	30	0	0	0	530	0
Hot Tea (1 serving)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Iced Tea (1 drink)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Lipton Brisk Diet Green Iced Tea (1 drink)	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Lipton Brisk Iced Tea (1 drink)	100	0	0	0	0	0	70	20	0	20	0	0	0	0	0
Lipton Brisk Raspberry Iced Tea (1 drink)	120	0	0	0	0	0	70	30	0	30	0	0	0	0	0
Milk (10 fluid ounces)	190	90	10	10	0	40	160	20	0	20	10	380	0	380	0
Milk (16 fluid ounces)	300	140	20	10	0	70	250	20	0	20	20	600	0	600	0
Minute Maid Orange Juice, Build (10 fluid ounces)	140	0	0	0	0	0	20	30	0	30	0	0	80	30	0
Minute Maid Orange Juice, Build (16 fluid ounces)	220	0	0	0	0	0	30	50	0	50	0	0	120	40	0
Mountain Dew (1 drink)	150	0	0	0	0	0	70	40	0	40	0	0	0	0	0
Mug Root Beer (1 drink)	140	0	0	0	0	0	60	40	0	40	0	0	0	0	0
Pepsi (1 drink)	140	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Sierra Mist (1 drink)	140	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Skim Milk (10 fluid ounces)	110	0	0	0	0	0	160	20	0	20	10	630	0	380	0
Skim Milk (16 fluid ounces)	180	0	0	0	0	0	250	30	0	30	20	1000	0	600	0
Strawberry Lemonade (1 drink)	200	0	0	0	0	0	40	50	0	50	0	0	0	0	0
Tomato Juice (10 fluid ounces)	60	0	0	0	0	0	850	10	0	10	0	1250	10	30	0
Tomato Juice (16 fluid ounces)	90	0	0	0	0	0	1360	20	0	10	0	2000	20	40	0
Wild Cherry Pepsi (1 drink)	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0

Breakfast 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)**
Sunrise Slim Jim (1 serving)	550	230	30	10	0	270	1420	50	0	10	30	770	0	380	10
Sunrise Slim Jim (1 serving) with Fresh Fruit	620	230	30	10	0	270	1440	70	0	20	30	2430	30	390	10
Sunrise Slim Jim (1 serving) with Hash Browns	690	270	30	10	0	270	1420	70	0	10	30	770	10	380	10