

Product Name * Seasonal Item	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Includes g added Sugar	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Gluten Free Ingrid.	Allergens
Entrees																		
Bake-Praline Pecan Berry French Toast	4 oz	250	10	4	0	95	270	33	1	20	10	5	0	107	1	54	N	Milk, Egg, Nut (Pecan), Soy, Wheat
Bake-Bourbon Bacon Pecan Waffle Bake	4 oz	230	10	3.5	0	115	290	30	2	23	18	7	0	110	1	100	N	Milk, Egg, Nut (Pecan), Soy, Wheat
Beef Stew*	4 oz	110	3.5	1	0	15	750	12	4	2	0	8	0	24	1	263	N	Soy, Wheat
Beef Street Taco Kit	1 ea	190	7	3	0	35	560	17	1	1	0	14	0	130	1	240	Y	Milk,
Bob's Smoked Chicken Quesadilla	1 sl	240	13	7	0	60	500	17	<1	2	0	15	0	223	1	112	N	Wheat, Milk
Bowl, Baja Chicken	1 sv	400	10	2	0	100	1130	44	3	6	1	35	0	60	4	826	Y	Milk.
Bowl, Chicken Fajita	1 sv	410	8	1.5	0	70	1410	54	6	4	0	31	0	96	3	994	Y	No Big 8 Allergrens
Burrito, Carnitas	2 sv	490	23	10	0	65	1280	45	2	2	0	28	0	340	4	304	N	Wheat, Milk.
Burrito, Chicken	1 sv	650	27	13	0	90	1790	64	9	5	0	37	0	588	6	406	N	Wheat, Milk, Soy
Burrito, Mini Beef & Black Bean	1 ea	160	8	3.5	0	20	350	16	<1	0	0	7	0	100	1	70	N	Wheat, Milk, Soy
Burrito, Mini Chicken Breast	1 ea	120	2.5	1	0	<5	310	20	<1	<1	0	5	0	42	2	80	N	Wheat, Milk, Soy
Chicken, Colossal, Rotisserie Breast, Natural	4 oz	190	11	3.5	0	85	350	0	0	0	0	24	0	0	0	0	Y	No Big 8 Allergrens
Chicken, Colossal, Rotisserie Breast, Joes	4 oz	190	8	2	0	85	750	1	0	0	0	28	0	0	0	43	Y	No Big 8 Allergrens
Chicken, Colossal, Rotisserie Breast, Lemon	4 oz	190	8	2	0	85	1080	1	0	0	0	27	0	0	1	8	Y	No Big 8 Allergrens
Chicken, Rotisserie Bird, Joes	4 oz	130	7	4	0	60	540	0	0	0	0	16	0	0	1	0	Y	No Big 8 Allergrens
Chicken, Rotisserie Bird, Lemon	4 oz	160	10	4	0	60	550	0	0	0	0	16	1	0	1	0	Y	No Big 8 Allergrens
Chicken, Rotisserie Bird, Plain	4 oz	140	8	4	0	60	520	0	0	0	0	16	0	0	1	0	Y	No Big 8 Allergrens
Chicken, Enchilada	1 ea	130	7	3.5	0	25	360	8	<1	1	0	8	0	114	1	83	N	Wheat, Milk, Soy, Egg
Chicken, Greg's Crazy Good Crock Pot, 9 oz	4 oz	70	1.5	0	0	25	560	5	0	1	0	10	0	20	1	116	Y	Soy, Milk
Chicken, Greg's Crazy Good Crock Pot with Rice, 10 oz	10 oz	230	3	1	0	40	860	34	2	3	1	18	0	57	3	278	Y	Soy, Milk
Chicken, Greg's Crazy Good Crock Pot, 12 oz	6 oz	110	2.5	0.5	0	40	840	7	0	2	1	15	0	30	1	174	Y	Soy, Milk
Chicken, Greg's Crazy Good Tuscan Baked Chicken Breast	4 oz	240	10	2	0	115	630	2	0	0	0	36	0	56	1	638	Y	Milk.
Chicken, Grilled Breast	4 oz	140	2	0.5	0	95	810	1	0	1	0	29	0	20	1	0	Y	
Chicken, Grilled, Buffalo	4 oz	110	4	0	0	55	1450	1	0	0	0	18	0	3	0	142	Y	

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Chicken, Grilled, Japanese BBQ	4 oz	150	2.5	0	0	35	1170	21	0	15	5	12	0	23	1	238	N	Spy, Wheat, Sesame
Chicken, Just Bare, Joes	4 oz	210	15	4.5	0	150	90	0	0	0	0	19	0	21	0	4	Y	
Chicken, Just Bare, Plain	4 oz	210	15	4.5	0	100	65	0	0	0	0	19	0	20	0	0	Y	
Chicken, Parmesan Encrusted	4 oz	220	12	4	0	65	470	7	0	1	0	21	0	175	0	298	N	Wheat, Milk, Egg
Chicken, Pulled, Asian Teriyaki	4 oz	120	1.5	0	0	40	850	15	0	10	0	13	0	0	0	0	N	Wheat, Soy
Chicken, Pulled, Buffalo Sauce	4 oz	100	5	0.5	0	40	1440	<1	0	0	0	13	0	3	0	2	Y	Milk
Chicken, Pulled, Gravy	4 oz	80	2	0	0	40	550	3	0	<1	0	14	0	1	0	13	Y	Milk, Soy
Chicken, Pulled, Plain (Rotisserie)	3 oz	110	2.5	0.5	0	55	440	1	0	0	0	20	0	13	1	169	Y	
Chicken, Pulled Smoked, BBQ Apple	4 oz	180	4	1.5	0	75	390	18	0	17	0	18	0	9	1	0	Y	
Chicken, Pulled Smoked	2 oz	90	3.5	1	0	60	210	0	0	0	0	15	0	7	1	0	Y	
Chicken, Street Taco Kit	1ea	190	7	3	0	35	560	17	1	1	0	14	0	130	1	240	N	Wheat
Colossal Meatballs & Marinara	1ea	180	10	0.5	0	0	690	18	2	10	2	3	0	32	1	21	N	Wheat, Soy, Egg, Milk
Crustless Quiche-Tomato Feta & Herb	1 sv	290	21	11	0	440	380	10	<1	4	0	17	0	197	2	133	Y	Mik, Egg
Crustless Quiche-Ham Broccoli Cheddar	1 sv	320	23	12	0	370	690	8	<1	5	0	20	2	343	2	286	Y	Egg, Milk
Crustless Quiche-Bacon & Swiss Lorraine	1 sv	400	30	16	0	400	1090	9	0	7	0	25	2	367	2	252	Y	Egg, Milk
Holiday Bob's Smkd Ham/DijonGlz*	4 oz	140	1	0	0	30	760	16	0	11	0	16	0	10	3	44	Y	No Big 9 Allergens
Holiday Encrusted Ham*	4 oz	130	1.5	0	0	35	770	10	0	9	2	20	0	8	1	32	Y	No Big 9 Allergens
Holiday Ham w/ Cranberry Dijon Glz	4 oz	130	1.5	0	0	35	840	9	0	8	3	20	0	6	1	24	Y	No Big 9 Allergens
Holiday Turkey & Gravy*	4 oz	120	4.5	1.5	0	40	540	2	0	<1	0	16	0	4	0	7	Y	Milk
Loaded Mac & Cheese, BBQ Chicken	1 sv	610	28	18	0	125	1650	54	2	21	5	35	1	430	2	422	N	Milk, Wheat
Loaded Mac & Cheese, Smoked Pulled Pork	1 sv	670	34	21	0	125	1590	55	0	19	12	37	1	435	3	203	N	Milk, Wheat
Meal, Corned Beef(St Pat's)*	20 oz	570	32	10	0	115	2720	40	6	21	9	29	0	189	12	2288	Y	Milk
Meal, Country Fried Steak	1 sv	590	27	15	0	100	1740	55	3	6	0	31	1	130	0	154	N	Wheat, Milk
Meal, Traditional Turkey (Individual)*	1 sv	890	38	18	0	125	2440	102	9	31	0	35	0	140	3	200	N	Wheat, Milk, Soy
Meal, Turkey with Stuffing	1 sv	880	41	19	0	135	3100	88	6	8	0	38	0	84	2	252	N	Wheat, Milk, Soy
Meal, Smoked Turkey (Seasonal)	1 sv	840	19	8	0	105	1840	124	7	46	24	42	0	302	5	1065	N	Milk, Egg, Wheat
Meatloaf, Large (1.5 lbs. with Tomato Topping)	4 oz	210	9	3.5	0	55	390	17	<1	11	3	13	0	36	2	131	N	Egg, Soy, Wheat
Meatloaf, Meal	18 oz	770	41	21	0	185	2060	63	6	7	0	38	0	45	4	185	N	Egg, Milk, Wheat, Soy

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Meatloaf, Mini (Tomato Topping)	9.8 oz	530	28	11	0	160	990	32	2	14	3	38	0	62	5	262	N	Egg, Soy, Wheat
Naked Bites, Buffalo	4 oz	150	10	1.5	0	30	1590	4	0	0	0	11	0	5	0	3	Y	Milk
Naked Bites, Teriyaki	4 oz	180	5	1	0	30	870	21	0	13	0	11	0	0	0	0	Y	Wheat, Soy
Naked Bites, Thai Chili	4 oz	170	5	1	0	30	700	19	0	16	0	11	0	0	0	0	Y	
Prime Rib with Horseradish & Sherry Wine Demi	4 oz	280	19	9	0	80	220	2	0	<1	0	25	0	22	2	360	N	Mil, Soy, Wheat
Pork Loin, Herb Encrusted	4 oz	200	11	4	0	60	640	3	0	1	1	23	0	18	1	382	Y	No Big 9 Allergens
Pork Loin, Herb Encr w/ CranDijon	4 oz	200	8	3	0	45	580	14	0	12	5	17	0	22	1	319	Y	No Big 9 Allergens
Pork, Pulled Smoked BBQ w/ Sauce	4 oz	260	11	5	0	65	410	17	0	15		23	0	0	1	0	Y	
Pork, Pulled Smoked Apple BBQ w/ Sauce	4 oz	270	11	5	0	65	240	18	0	17		23		0	1		Y	
Pork Sausage, Smoked	4 oz	360	32	10	0	70	1000	6	0	2	0	12	0	0	1	0	Y	
Pork Steaks, Grilled Boneless BBQ	4 oz	160	8	3.5	0	55	360	3	0	12	0	19	0	0	1	1543	Y	
Pork Steaks, Smoked BBQ	1 ea	870	38	13	0	345	1420	20	<1	15	7	113	3	91	5	1523	Y	
Pork Tenderloin, Grilled	4 oz	130	4	1	0	70	350	< 1	0	0	0	23	0	8	1	447	Y	
Pork Tenderloin, Grilled w/ Sauce	4 oz	150	3	0.5	0	55	410	13	0	12	0	18	0	18	1	400	Y	
Pot Pie, Rustic Chicken	1 ea	820	50	31	0	135	2280	62	3	12	1	30	0	211	4	626	N	Wheat, Milk, Egg
Pot Pie, Rustic Veggie*	1 ea	850	59	34	0.5	90	2350	65	3	14	1	14	0	252	3	691	N	Wheat, Milk, Ehh
Pot Roast, Single Serve*	1sv	230	3.5	1.5	0	35	850	31	4	5	0	18	0	36	2	783	Y	Milk, Soy
Pot Roast, Beef & Vegetables*	8oz	170	3.5	1.5	0	30	840	19	2	4	0	15	0	21	1	417	Y	Milk, Soy
Pub Burger Brioche, Single No Cheese	1 ea	450	25	9	0	90	620	27	0	3	0	30	0	9	10	40	N	Wheat
Pub Burger Brioche, Single with Cheese	1 ea	550	34	15	0	120	1100	28	0	3	0	35	2	305	11	77	N	Wheat, Milk
Pub Burger Brioche, Double No Cheese	1 ea	760	48	19	0	180	1010	27	0	3	0	55	0	9	21	40	N	Wheat
Pub Burger Brioche, Double with Cheese	1 ea	960	66	29	0	240	1960	30	0	4	0	65	4	601	21	114	N	Wheat, Milk
Pub Burger Pretzel, Single No Cheese	1 ea	460	23	9	0	90	760	32	2	1	0	30	0	0	10	0	N	Wheat
Pub Burger Pretzel, Single with Cheese	1 ea	560	32	14	0	120	1240	33	2	2	0	35	2	296	10	37	N	Wheat, Milk
Pub Burger Pretzel, Double No Cheese	1 ea	770	47	18	0	180	1150	32	2	1	0	56	0	0	20	0	N	Wheat
Pub Burger Pretzel, Double with Cheese	1 ea	980	64	28	0	240	2100	35	2	2	0	66	4	593	21	75	N	Wheat, Milk
Quiche-Florentine Feta/Tomato-6"	2 sv	470	31	14	0	290	430	33	4	3	0	15	0	137	2	137	N	Wheat, Milk, Egg
Quiche-Florentine Feta Tomato	1/6th30	270	18	8	0	195	260	19	2	2	0	9	0	82	1	42	N	Wheat, Milk, Egg

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Quiche-Ham, (Broc/Cheddar)-6"	2 sv	490	32	14	0	245	640	32	4	5	0	17	2	234	2	238	N	Wheat, Milk, Egg
Quiche-Ham, Broccoli, Cheddar	1/6th30	300	20	9	0	175	420	16	2	3	0	12	1	164	1	133	N	Wheat, Milk, Egg
Quiche-Lorraine(Bacon & Swss)-6"	2 sv	540	36	17	0	265	900	33	4	6	0	20	2	249	2	216	N	Wheat, Milk, Egg
Quiche-Lorraine (Bacon & Swiss)	1/6th30	300	20	9	0	170	410	18	2	3	0	12	1	154	1	133	N	Wheat, Milk, Egg
Salmon, Smoked Cake w/Chip Aioli	2 sv	540	45	7	0	85	560	9	0	2	1	24	0	29	1	392	N	Wheat, Egg, Fish(Salmon)
Shrimp, Breaded & Fried	4 oz	220	9	1	0	55	720	25	0	< 1	0	9	0	18	2	25	N	Shellfish (Shrimp), Wheat
Shrimp, Lemon Citrus Marinated	4 oz	160	6	1	0	230	1020	2	0	0	0	25	0	101	0	184	Y	shellfish(Shrimp)
Shrimp, Smokey Alabama Marinated	4 oz	160	6	1	0	230	1170	2	0	<1	0	25	0	96	0	184	Y	shellfish(Shrimp)
Shrimp, Wild Garlic Marinated	4 oz	160	6	1	0	230	1270	2	0	0	0	25	0	98	0	184	Y	shellfish(Shrimp)
Tamales, Beef, Chile Red	1ea	290	15	1.5	0	30	770	26	5	2	0	14	0	50	2.8	190	Y	No Big 9 Allergens
Tamales, Cheese, Green Chile	1ea	270	17	4.5	0	25	400	23	4	2	0	8	0.6	40	.4	150	Y	Milk
Tamales, Chicken, Chile Red	1ea	260	15	2	0	25	510	21	3	2	0	12	0	20	.9	90	Y	No Big 9 Allergens
Tamales, Pork, Chile Red	1ea	320	19	3.5	0	30	840	26	5	2	0	13	0	50	2	10	Y	No Big 9 Allergens
Turkey, Rotisserie, Caribbean	4 oz	120	1.5	0	0	55	790	0	0	0	0	28	0			0	Y	No Big 9 Allergens
Turkey, Rotisserie, Joes	4 oz	130	1.5	0.5	0	80	500	0	0	0	0	31	0	0	1	0	Y	No Big 9 Allergens
Turkey, Rotisserie, Plain	4 oz	130	1.5	0	0	55	570	0	0	0	0	28	0	6	1	0	Y	No Big 9 Allergens