

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
1000 Island Dressing (2 fl oz)	250	210	24	3.5	0	15	450	9	0	8	0	
Almond Slices, toasted (1 Tbs)	35	25	3	0	0	0	0	1	1	0	1	
Ambrosia (1/2 cup)	140	35	4	3.5	0	0	15	28	3	24	1	
Apple Caramel Bread Pudding, Cinnamon Bread (1 piece)	190	50	6	4.5	0	20	120	32	1	23	3	
Apple Caramel Bread Pudding, Raisin Bread (1 piece)	190	50	6	4.5	0	25	125	32	1	24	3	
Apple Dapple Bread (1 Slice)	130	35	4	0.5	0	5	170	22	1	14	2	
Apple Salad (1/2 cup)	230	120	14	2.5	0	10	85	26	3	20	1	
Baby Carrots (1/2 cup)	70	0	0	0	0	0	25	18	2	16	1	
Baby Carrots, Maple Glazed (1/2 cup)	60	25	2.5	0.5	1	0	70	10	2	7	1	
Bacon Bits, imitation (1 Tbs)	30	10	1	0	0	0	55	2	1	1	3	
Baked Pork BBQ Beans (1/2 cup)	230	30	3.5	1	0	10	880	39	5	17	11	
Baked Potato	270	70	8	2.5	0	10	110	47	5	3	5	
Balsamic Vinaigrette (2 fl oz)	200	200	22	3	0	0	460	4	0	4	0	
Balsamic Vinegar, cruet (1 Tbs)	15	0	0	0	0	0	0	3	-	2	0	
Banana Nut Bread (1 slice)	90	30	3	0	0	0	115	14	1	8	1	
Banana Pudding (1/2 cup)	140	35	4	3	0	0	170	27	1	17	1	
Bananas in Sugar Free Glaze (1/2 cup)	50	0	0	0	0	0	0	14	1	7	1	
BBQ Bacon Burger	810	310	34	14	1	150	2190	79	5	36	46	Potato Choice not included in analysis.
BBQ Chicken Pizza (1 slice)	170	50	6	2	0	35	260	20	1	4	9	
BBQ Pulled Pork (1/2 cup)	200	70	8	2.5	0	60	660	13	0	12	17	
BBQ Ribs, Full Rack	1020	390	43	14	0	150	3620	120	2	100	42	Potato Choice not included in analysis.
BBQ Ribs, Half Rack	660	240	27	8	0	80	2250	86	2	69	23	Potato Choice not included in analysis.
Bean and Bacon/Ham Soup (4 fl oz)	160	40	4.5	1	1	0	590	24	4	6	6	
Beef and Noodles (1/2 cup)	100	30	3.5	1	0	20	380	11	0	1	5	
Beef and Potato Casserole (1/2 cup)	160	60	7	3	0.5	30	650	15	0	2	9	

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Beef Gravy (2 fl oz.)	25	10	1	0	0	0	400	4	0	1	0	
Beef Pot Roast (1/2 cup)	90	30	3.5	1.5	0	20	300	5	1	1	9	
Black Angus Cheeseburger, 1/3 lb.	670	310	35	16	1	155	1300	44	4	5	45	Potato Choice not included in analysis.
Black Beans (1/2 cup)	110	5	0	0	0	0	350	20	8		7	
Black Olives, sliced (1 Tbs)	15	10	1.5	0	0	0	65	1	0	0	0	
BLT Pasta Salad (1/2 cup)	130	90	10	2.5	0	10	220	7	1	1	2	
Blue Cheese Crumbles (1 Tbs)	30	20	2.5	1.5		5	95	0	0	0	2	
Blue Cheese Dressing (2 fl oz)	320	310	34	6	0	30	440	3	0	3	2	
Bonanza Burger	710	280	31	12	2	130	2220	65	5	20	41	Potato Choice not included in analysis.
Boneless Pork Chops (1 each)	380	200	22	7	0	95	990	3	0	0	43	
Bread Pudding, Cinnamon Bread (1 piece)	180	50	6	4.5	0	20	90	29	1	21	3	
Bread Pudding, Raisin Bread (1 piece)	180	50	6	4.5	0	25	95	29	1	22	3	
Broccoli and Rice Casserole (1/2 cup)	70	20	2.5	1	0	0	320	10	2	2	2	
Broccoli Cheese Soup (4 fl oz)	90	50	6	3	0	20	480	7	1	5	3	Analysis does not include cheese garnish.
Broccoli Florets, cooked (1/2 cup)	35	25	2.5	0.5	1	0	30	3	1	1	1	
Broccoli, raw (1/2 cup)	10	0	0	0	0	0	10	2	1	1	1	
Brussels Sprouts (1/2 cup)	90	70	8	1.5	2.5	0	70	4	1	1	1	
Caesar Salad (1/2 cup)	35	25	2.5	0	0	0	75	3	0	1	1	
Cajun Burger	800	400	44	16	1	150	1750	53	4	8	46	Potato Choice not included in analysis.
Cantaloupe (1/2 cup)	25	0	0	0	0	0	15	7	1	6	1	
Carrot Cake (1 piece)	580	250	28	10	0.5	15	530	78	3	56	6	
Carrot Raisin Salad (1/2 cup)	200	150	17	2.5	0	10	90	14	1	8	1	
Carrots (1/2 cup)	60	0	0	0	0	0	35	14	2	11	0	
Carrots, Maple Glazed (1/2 cup)	60	25	2.5	0.5	1	0	80	9	2	6	0	
Cauliflower with Cheese Sauce (1/2 cup)	40	10	1	0	0	0	230	8	1	2	2	
Cauliflower, raw (1/2 cup)	15	0	0	0	0	0	15	3	1	1	1	

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Celery (1/2 cup)	10	0	0	0	0	0	40	1	1	1	0	
Charbroiled Chicken Breast Sandwich	430	70	8	2.5	0	110	670	44	4	4	43	Potato Choice not included in analysis.
Cheese Sauce (2 fl oz)	45	10	1	1	0	0	480	9	0	3	1	
Cheese, shredded imitation (1 Tbs)	15	10	1	0	0	0	50	2	0	1	0	
Cheesecake, Cherry Cobbler (1 ramekin)	190	60	7	4	1	0	220	29	0	22	2	
Cheesecake, Strawberry (1 ramekin)	190	60	7	4	1	0	220	30	0	23	2	
Chicken and Noodles (1/2 cup)	100	30	3.5	1	0	30	320	11	0	0	6	
Chicken Broccoli Pizza (1 slice)	220	90	10	4	0.5	40	370	17	1	1	14	
Chicken Noodle Soup (4 fl oz)	70	25	3	0.5	0	25	860	6	1	1	5	
Chicken Pot Pie (1/2 cup)	230	80	9	6	0	30	830	28	2	2	9	
Chicken Strips Entree, 4 pc	1200	670	75	14	1	165	1730	73	3	12	59	Potato Choice not included in analysis.
Chili Burger	670	260	29	12	1	135	1570	57	6	7	44	Potato Choice not included in analysis.
Chocolate Chip Cookie (1 each)	80	25	2.5	1.5	0	5	90	13	0	8	1	
Chocolate Cream Cheese Pudding Pie (1/2 cup)	320	140	16	9	1.5	10	330	44	1	31	2	
Chocolate Deluxe Pudding (1/2 cup)	370	80	8	7	0	0	590	75	3	55	2	
Chocolate Volcano Cake (1/2 cup)	620	150	16	13	0	40	1150	116	4	72	7	
Chopped Steak	430	260	29	10	2.5	135	580	1	0	0	39	Potato Choice and Kale Garnish not included in analysis.
Chow Mein Noodles (1/4 cup)	70	25	3	1	0	0	130	9	1	0	2	
Citrus Bean Salad (1/2 cup)	70	10	1	0	0	0	150	10	3	1	4	
Clam Chowder Soup (4 fl oz)	80	35	4	1.5	0	10	410	8	0	3	4	Analysis does not include suggested garnish.
Clam Strips (1 oz)	110	50	5	1	0	5	260	12	0	0	3	
Cocktail Sauce (1 Tbs)	20	0	0	0	0	0	140	4	0	3	0	
Coconut Cream Pie (1 slice)	200	110	12	9	0	0	125	22	1	12	2	
Coleslaw, chopped (1/2 cup)	150	100	12	2	0	20	350	12	1	11	1	
Coleslaw, shredded (1/2 cup)	150	100	12	2	0	20	350	12	1	11	1	

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Cookie Sandwich (1 each)	210	70	8	5	0	10	190	32	1	21	2	
Cookies and Cream Cake (1 slice)	280	120	14	8	0	30	350	36	2	23	3	
Corn (1/2 cup)	110	60	6	1.5	1.5	0	45	14	1	2	2	
Corn Kernels (1/2 cup)	60	5	0.5	0	0	0	0	14	1	2	2	
Corn on the Cob (1 each)	100	10	1	0	0	0	55	19	2	3	2	
Cottage Cheese (1/2 cup)	90	10	1	1	0	15	440	5	0	4	14	
Country Cabbage (1/2 cup)	70	40	4.5	1	1	0	320	8	2	4	2	
Country Style Green Beans (1/2 cup)	40	25	2.5	0.5	0	0	310	3	1	1	1	
Couscous Kale Salad (1/2 cup)	150	40	5	1	0	0	100	24	2	1	4	
Cranberry Broccoli Salad (1/2 cup)	170	100	11	3	0	25	360	13	1	12	4	
Creamy Caesar Dressing (2 fl oz)	300	290	32	5	0	5	550	2	0	1	1	
Croutons (1/4 cup)	60	20	2	0	0	0	170	10	0	0	2	
Crunchy Kale Salad (1/2 cup)	30	15	1.5	0	0	0	60	3	1	1	1	
Crushed Oreos (0.5 fl oz)	25	10	1	0	0	0	30	4	0	2	0	
Cucumber and Onion Salad (1/2 cup)	170	150	17	3	0	10	80	5	1	4	1	
Cucumbers, sliced (1/2 cup)	10	0	0	0	0	0	0	2	0	1	0	
Cupcake: Vanilla Cake, Buttercreme and Sprinkles (1 each)	220	80	9	7	0.5	5	210	32	0	24	2	
Deviled Egg Potato Salad (1/2 cup)	190	120	13	2.5	0	65	210	14	2	2	4	
Dried Cranberries (1 Tbs)	25	0	0	0	0	0	0	6	0	5	0	
Edamame (1/2 cup)	90	35	4	0	0	0	0	7	4	2	9	
Eggs, diced (1/4 cup)	90	60	6	2	0	235	80	1	0	1	7	
Fat Free French Dressing (2 fl oz)	60	0	0	0	0	0	430	16	1	12	0	
Fat Free Italian Dressing (2 fl oz)	25	0	0	0	0	0	480	6	0	4	0	
Fat Free Ranch Dressing (2 fl oz)	50	0	0	0	0	0	750	13	1	5	1	
Fish Fry (1 piece)	280	140	16	3.5	0	35	650	25	1	0	10	
French Fried Onions (1/4 cup)	90	60	7	3.5	0	0	120	5	1	1	1	
French Fries, 1 oz.	60	20	2	0	0	0	120	8	1	0	1	
French Fries, 7 oz.	390	140	15	2.5	0	0	850	59	5	1	5	
French Onion Soup (4 fl oz)	60	30	3.5	1	1	0	1190	5	0	2	1	

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Fresh Pineapple (1/2 cup)	40	0	0	0	0	0	0	11	1	8	0	
Fried Chicken (3 oz)	260	150	17	4.5	0	105	330	6	1	0	20	Restaurant Note: Nutrition analysis for edible portion of fried chicken.
Fried Shrimp Dinner, 14 pc	720	310	34	6	0	105	2020	79	3	11	24	Potato Choice not included in analysis.
Fried Shrimp Dinner, 4 Piece Add-On	260	90	10	1.5	0	30	980	36	2	11	8	
Fried Shrimp Dinner, 7 pc	400	160	17	3	0	50	1290	49	2	11	13	Potato Choice and Kale Garnish not included in analysis.
Fruit Crisp, Apple (1/2 cup)	250	50	6	1	1.5	0	210	48	1	36	1	
Fruit Crisp, Peach (1/2 cup)	220	50	6	1	1.5	0	100	41	1	30	2	
Garbanzo Beans (1/2 cup)	100	15	2	0	0	0	160	17	5	3	5	
Garden Salad	90	25	2.5	0	0	0	190	17	3	5	3	Analysis does not include choice of dressing.
Gelatin Parfait (1 each)	260	150	17	17	0	0	105	27	0	26	1	
Gelatin, Red (1/2 cup)	80	0	0	0	0	0	105	19	0	19	2	
Gelatin, Sugar-Free Watermelon (1/2 cup)	35	0	0	0	0	0	85	9	0	0	2	
Gooey Butter Bars (1 each)	210	100	11	3.5	2.5	25	230	25	0	20	2	
Granulated Peanuts (0.5 fl oz)	30	20	2.5	0	0	0	0	1	0	0	1	
Grape Tomatoes (1/2 cup)	15	0	0	0	0	0	0	3	1	2	1	
Green Bean Casserole (1/2 cup)	110	70	8	3	0	0	450	10	2	2	2	
Green Peas (1/2 cup)	60	0	0	0	0	0	60	11	4	4	4	
Green Peppers (1/2 cup)	15	0	0	0	0	0	0	3	1	2	1	
Grilled Chicken Breast	180	35	4	1	--	95	80	0	0	0	34	Potato Choice not included in analysis.
Grilled Salmon	440	260	29	6	1.5	115	560	1	0	0	40	Potato Choice not included in analysis.
Grilled Shrimp, 16 piece	450	350	39	8	10	185	2040	4	0	1	21	Choice of Starch and Potato not included in analysis.
Grilled Shrimp, 8 piece	380	330	37	8	10	95	1150	2	0	1	10	Choice of Starch and Potato not included in analysis.

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Halushki (1/2 cup)	120	60	7	1.5	1.5	15	95	12	1	1	2	
Hearty Beef Vegetable Soup (4 fl oz)	35	10	1	0	0	5	540	4	1	1	2	
Herb Baked Chicken (3 oz)	170	80	9	2.5	0	100	230	1	0	0	19	
Herb Baked Fish (1 piece)	130	70	8	2	1	40	240	4	0	0	10	
Homestyle Rolls (1 each)	160	35	3.5	0.5	0	0	160	28	1	7	4	
Honey Mustard Dressing (2 fl oz)	260	210	23	3.5	0	25	350	13	0	12	1	
Honeydew (1/2 cup)	30	0	0	0	0	0	15	8	1	7	0	
Icebox Lemon Pie (1 ramekin)	160	35	4	1	1	0	115	33	0	25	0	
Iced Brownie (1 each)	100	30	3.5	1	1	0	75	17	1	12	1	
Island Shrimp (1/2 cup)	100	30	3	1	0	30	220	13	0	8	4	
Italian Pasta Salad (1/2 cup)	90	30	3	0.5	0	5	270	12	0	1	3	
Italian Wedding Soup (4 fl oz)	50	15	1.5	0.5	0	5	200	7	0	0	2	
Julienned Turkey Ham (1/4 cup)	60	40	4.5	1.5	0	20	350	1	0	1	4	
Key Lime Pie (1 piece)	170	40	4.5	1.5	1	0	115	32	0	25	1	
Kidney Bean Salad (1/2 cup)	150	50	5	1	0	5	290	19	4	4	6	
Kidney Beans (1/2 cup)	100	5	0.5	0	0	0	160	16	5	-	6	
Kids' Burger	260	90	10	3	0	35	620	28	1	7	14	Potato choice not included in analysis.
Kids' Chicken Strip Dinner	470	230	26	5	0	70	690	30	2	0	29	Analysis does not include potato choice or guest's choice of sauce.
Koko Bits (0.5 fl oz)	50	25	3	3	0	0	0	7	0	7	0	
Laredo BBQ Chicken	630	260	29	12	0	135	1300	43	2	26	48	Potato Choice not included in analysis.
Lemon Pudding Cake (1/2 cup)	360	45	5	4	0	0	620	73	1	44	5	
Lettuce Mix, pre-cut (1 cup)	15	0	0	0	0	0	15	3	1	1	1	
Lettuce, shredded (1 cup)	10	0	0	0	0	0	5	2	1	1	1	
Liver and Onions, Oven Method (1 slice)	170	60	7	2.5	1	270	115	5	0	1	20	
Loaded Potato Soup (4 fl oz)	120	70	7	3.5	0	20	330	10	1	2	3	Analysis does not include suggested garnish.
Long Grain & Wild Rice (1/2 cup)	160	30	3.5	0.5	1	0	430	28	1	1	3	

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Macaroni and Cheese (1/2 cup)	110	35	4	2	0	10	680	14	0	4	4	
Macaroon (1 each)	100	45	5	4.5	0	5	15	12	1	11	1	
Maple Glazed Ham (3 oz)	120	60	6	2	0	40	1090	3	0	3	11	
Margarine Packets (1 each)	25	25	2.5	1	0	0	40	0	0	0	0	
Marinated Artichoke Hearts (1 piece)	10	10	1	0	-	0	40	1	1	0	0	
Mashed Potatoes with Dairy Booster (1/2 cup)	120	50	6	1.5	1.5	5	390	16	1	2	2	
Meatloaf (1 slice)	230	110	12	5	0	75	740	16	1	5	13	
Mexi Burger	620	250	28	12	1	130	1910	51	7	8	40	Potato Choice not included in analysis.
Monterey Chicken Breast	770	440	49	8	0.5	105	1710	45	1	43	35	Potato Choice and Kale Garnish not included in analysis.
Mozzarella, shredded (1 Tbs)	20	10	1.5	0.5	0	5	45	0	0	0	2	
Mushroom Burger	810	400	44	17	4	145	1800	54	5	8	48	Potato Choice not included in analysis.
Mushrooms, sliced (1/2 cup)	10	0	0	0	0	0	0	1	0	1	1	
Mustard Potato Salad (1/2 cup)	110	40	4.5	1	0	20	220	14	1	1	2	
No Bake Cookie (1 each)	160	70	8	1.5	1	0	60	21	2	14	3	
Olive Oil, cruet (1 Tbs)	120	120	14	2	-	0	0	0	0	0	0	
Orange Pineapple Salad (1/2 cup)	80	15	1.5	1.5	0	0	20	16	1	13	1	
Original Chicken Wings	90	50	6	1.5	0	25	280	5	0	0	5	*Restaurant Note: Nutrition analysis for edible portion of fried chicken.
Parmesan Peppercorn Dressing (2 fl oz)	320	290	33	6	0	15	610	4	0	3	2	
Parmesan, shredded (1 Tbs)	20	10	1.5	1		5	85	0	0	0	2	
Parmesan, shredded imitation (1 Tbs)	15	10	1	0	0	0	75	1	0	0	1	
Pasta Rotini Salad (1/2 cup)	120	25	3	0.5	0	0	160	19	1	1	3	
Pasta with Spaghetti Sauce (1/2 cup)	50	5	1	0	0	0	130	9	1	2	2	
Pea Salad (1/2 cup)	320	210	23	5	0.5	25	410	20	4	10	8	
Peaches, canned (1/2 cup)	90	5	0	0	-	0	5	21	1	16	1	
Peanut Butter Chocolate Cups (1 piece)	420	260	29	7	4	0	320	37	2	26	6	

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Peanut Butter Fudge (1 piece)	120	50	6	1	0	0	55	16	1	14	2	
Penne Baked Pasta (1/2 cup)	60	10	1.5	0	0	0	180	9	1	3	2	
Pepperoncini (1 each)	5	0	0	0	0	0	200	1	0	0	0	
Pepperoni Pizza (1 slice)	180	80	9	3.5	0	15	440	17	1	1	9	
Picante Sauce (1 Tbs)	5	0	0	0	0	0	125	1	0	1	0	
Pickled Beets, sliced (1/4 cup)	35	0	0	0	0	0	85	9	0	6	0	
Pineapple Tidbits (1/2 cup)	80	0	0	0	0	0	0	18	1	17	1	
Pineapple Upside Down Cake (1 piece)	210	50	5	1.5	1.5	10	320	40	1	29	2	
Ponderosa Burger	710	280	31	12	2	130	2220	65	5	20	41	Potato Choice not included in analysis.
Popcorn Shrimp (1 oz)	90	40	4.5	1	0	25	230	9	0	0	3	
Popparoni Salad (1/2 cup)	220	150	16	2.5	0.5	10	220	15	1	3	3	
Poppyseed Dressing (2 fl oz)	260	180	20	3	0	0	300	22	0	20	0	
Porterhouse Steak, 16 oz	960	560	64	24	0	240	2240	0	0	0	80	Potato Choice and Kale Garnish not included in analysis.
Pot Roast Pork (1/2 cup)	100	45	5	1.5	0	35	350	4	1	1	10	
Potato Sour Cream and Dill Salad (1/2 cup)	280	210	24	4.5	0	20	340	16	1	2	1	
Potato Sticks (1 Tbs)	15	10	1	0	0	0	15	1	0	0	0	
Potato Wedges (1 each)	60	20	2	0	0	0	50	9	1	0	1	
Potatoes, Pepper Jack Au Gratin (1/2 cup)	140	45	5	3.5	0	15	640	19	1	2	4	
Potatoes, Red Boiled (1/2 cup)	70	10	1.5	0	0	0	30	14	1	1	1	
Potatoes, Red Steamed (1/2 cup)	90	35	4	1	1	0	70	14	1	1	1	
Poultry Gravy (2 fl oz)	25	10	1	0	0	0	400	4	0	0	0	
Pumpkin Bread Pudding, Cinnamon Bread (1 piece)	180	50	6	4.5	0	20	90	31	1	22	3	
Pumpkin Bread Pudding, Raisin Bread (1 piece)	180	50	6	4.5	0	25	95	31	1	22	3	
Pumpkin Fluff Pie (1 piece)	170	80	9	5	1.5	0	130	21	1	12	1	
Pumpkin Nut Bread (1 slice)	110	40	4	0.5	0	5	150	16	1	9	2	
Pumpkin Pie Bars (1 piece)	170	60	7	1.5	1.5	30	220	24	1	18	2	
Rainbow Sprinkles (0.5 fl oz)	60	25	2.5	2.5	0	0	0	9	0	6	0	
Raisins (1 Tbs)	25	0	0	0	0	0	0	7	0	5	0	

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Ranch Dressing (2 fl oz)	210	190	21	3.5	0	20	540	2	0	1	1	
Red Cabbage (1/2 cup)	15	0	0	0	0	0	10	3	1	2	1	
Red Onion Rings (1/4 cup)	10	0	0	0	0	0	0	3	0	1	0	
Ribeye Steak, 10 oz	100	0	0	0	0	0	0	30	0	10	0	Potato Choice and Kale Garnish not included in analysis.
Ribeye Steak, 12 oz	120	0	0	0	0	0	0	36	0	12	0	Potato Choice and Kale Garnish not included in analysis.
Ribeye Steak, 16 oz	160	0	0	0	0	0	0	48	0	16	0	Potato Choice and Kale Garnish not included in analysis.
Ribeye Steak, 8 oz	1280	0	0	0	0	0	0	384	0	128	0	Potato Choice and Kale Garnish not included in analysis.
Rice Pilaf (1/2 cup)	60	30	3.5	1	1	0	150	7	0	0	1	
Rice Pilaf Side, 1 cup	120	60	7	2	1.5	5	310	13	0	0	1	Rice Pilaf Side (1 cup) if ordered with Potato Choice.
Roasted Pork Loin (1 slice)	50	15	1.5	0.5	0	20	270	1	0	0	7	
Saltine Crackers (1 package)	25	5	0	0	0	0	50	5	0	0	0	
Sausage O-Brien (1/2 cup)	210	120	13	4	1	25	400	17	2	3	7	
Sauteed Mushrooms Add-On, 3 oz	100	90	10	2	3	0	300	3	1	1	1	

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Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Coffee (6 oz)	0	0	0	0	0	0	0	0	0	0	0	
Decaf (6 oz)	0	0	0	0	0	0	0	0	0	0	0	
Diet Dr Pepper, 12 oz.	0	0	0	0	0	-	35	0	0	0	0	
Diet Dr Pepper, 22 oz.	0	0	0	0	0	-	60	0	0	0	0	
Diet Dr Pepper, 32 oz.	0	0	0	0	0	-	80	0	0	0	0	
Diet Mt. Dew 12 oz.	0	0	0	0	0	0	35	0	0	0	0	
Diet Mt. Dew 22 oz.	0	0	0	0	0	0	65	1	0	1	0	
Diet Mt. Dew 32 oz.	0	0	0	0	0	0	90	1	0	1	0	
Diet Pepsi 12 oz.	0	0	0	0	0	0	35	0	0	0	0	
Diet Pepsi 22 oz.	0	0	0	0	0	0	65	0	0	0	0	
Diet Pepsi 32 oz.	0	0	0	0	0	0	95	0	0	0	0	
Dr Pepper, 12 oz.	100	0	0	0	0	-	35	27	0	27	0	
Dr Pepper, 22 oz.	180	0	0	0	0	-	60	47	0	47	0	
Dr Pepper, 32 oz.	230	0	0	0	0	-	80	61	0	61	0	
Mist Twist 12 oz.	100	0	0	0	0	0	20	25	0	25	0	
Mist Twist 22 oz.	180	0	0	0	0	0	40	46	0	46	0	
Mist Twist 32 oz.	260	0	0	0	0	0	55	68	0	58	0	
Mt. Dew 12 oz.	100	0	0	0	0	0	30	27	0	27	0	
Mt. Dew 22 oz.	190	0	0	0	0	0	60	50	0	50	0	
Mt. Dew 32 oz.	270	0	0	0	0	0	85	73	0	73	0	
Mug 12 oz.	90	0	0	0	0	0	30	24	0	24	0	
Mug 22 oz.	160	0	0	0	0	0	50	45	0	45	0	
Mug 32 oz.	240	0	0	0	0	0	75	65	0	65	0	
Pepsi 12 oz.	100	0	0	0	0	0	20	26	0	26	0	
Pepsi 22 oz.	170	0	0	0	0	0	35	47	0	47	0	
Pepsi 32 oz.	250	0	0	0	0	0	55	69	0	69	0	
Sweet Tea, 12 oz.	60	0	0	0	0	0	5	16	0	15	0	
Sweet Tea, 22 oz.	110	0	0	0	0	0	15	28	0	26	0	
Sweet Tea, 32 oz.	140	0	0	0	0	0	15	36	0	34	0	
Tropicana Fruit Punch 12 oz.	110	0	0	0	0	0	20	28	0	28	0	

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Tropicana Fruit Punch 22 oz.	190	0	0	0	0	0	40	52	0	51	0	
Tropicana Fruit Punch 32 oz.	280	0	0	0	0	0	60	75	0	75	0	
Tropicana Lemonade 12 oz.	100	0	0	0	0	0	95	25	0	25	0	
Tropicana Lemonade 22 oz.	180	0	0	0	0	0	175	46	0	46	0	
Tropicana Lemonade 32 oz.	260	0	0	0	0	0	260	67	0	67	0	
Tropicana Lemonade Light 12 oz.	0	0	0	0	0	0	90	0	0	0	0	
Tropicana Lemonade Light 22 oz.	0	0	0	0	0	0	160	0	0	0	0	
Tropicana Lemonade Light 32 oz.	0	0	0	0	0	0	235	0	0	0	0	
Tropicana Pink Lemonade 12 oz.	100	0	0	0	0	0	95	25	0	25	0	
Tropicana Pink Lemonade 22 oz.	180	0	0	0	0	0	175	45	0	46	0	
Tropicana Pink Lemonade 32 oz.	260	0	0	0	0	0	260	67	0	67	0	
Tropicana, 100% Apple Juice (10 oz. bottle)	140	0	0	0	0	0	25	34	0	31	1	
Tropicana, 100% Orange Juice (10 oz. Bottle)	140	0	0	0	0	0	20	33	0	28	2	
Unsweetened Tea, 12 oz.	0	0	0	0	0	0	5	1	0	0	0	
Unsweetened Tea, 22 oz.	5	0	0	0	0	0	10	1	0	0	0	
Unsweetened Tea, 32 oz.	5	0	0	0	0	0	15	2	0	0	0	
Whole Milk (1 cup)	150	72	8	5	0	35	120	12	0	11	8	
Wild Cherry Pepsi 12 oz.	100	0	0	0	0	0	20	26	0	26	0	
Wild Cherry Pepsi 22 oz.	180	0	0	0	0	0	35	48	0	48	0	
Wild Cherry Pepsi 32 oz.	260	0	0	0	0	0	50	70	0	70	0	