



Category	Item	Serving Size (oz)	Serving Size (grams)	Calories	Calories from Fat	Total Fat (grams)	Saturated Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbs (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
Desserts	Banana Pudding	6	170	240	60	7	1.5	10	230	41	<1	32	4
Desserts	Peach Cobbler	6	170	270	40	45	2.5	15	230	57	2	46	3
Desserts	Pecan Pie (generic)	1/7th	118	480	230	26	4.5	100	310	61	6	55	6
Desserts	Apple Pie (generic)	1/7th	510	510	230	26	5	--	530	70	5	36	3
Desserts	Soft Serve Ice Cream	6	170	160	20	2.5	--	--	150	37	1	31	--
Desserts	Lemon Meringue Pie	1/6th	1 slice	500	120	14	3	--	580	90	<1	62	4
Desserts	Chocolate Meringue Pie	1/6th	1 slice	560	220	24	8	30	420	84	<1	56	6
Desserts	Coconut Meringue Pie	1/6th	1 slice	600	260	30	14	30	560	80	<1	27	4
Meats	Beef Ribs	6	170	590	430	48	19	135	1250	10	--	--	36
Meats	Brisket	6	170	370	150	17	6	160	120	--	--	--	51
Meats	Chicken Breast	6	170	280	35	3.5	1	85	290	24	--	28	32
Meats	Half Chicken	6	170	500	310	35	10	145	260	2	--	2	43
Meats	Ham	6	170	410	260	29	10	105	2020	--	--	--	37
Meats	Hot Links	6	170	490	390	44	15	115	1720	2	--	2	21
Meats	Pork Butt	6	170	350	260	29	10	95	2390	4	--	--	21
Meats	Pork Ribs	6	170	410	270	30	10	90	1410	17	--	6	21
Meats	Pork Tenderloin	6	170	250	80	9	3	100	1120	16	<1	--	32
Meats	Smoked Sausage	6	170	580	470	52	18	120	1610	2	--	2	23
Meats	Turkey	6	170	380	180	20	6	150	130	--	--	--	47
Meats	Turkey Breast	6	170	320	110	13	3.5	125	105	--	--	--	49
Meats	Turkey Sausage	6	170	270	150	17	4.5	110	1610	5	--	5	25
Meats	Cheeseburger		(267g) 1 each	710	330	37	14	135	900	40	3	6	51
Meats	Burger		(246g) 1 each	640	290	32	11	120	640	39	3	5	47
Meats	Chili		(245g) 1 each	320	170	19	7	95	600	11	2	--	27
Salads	Broccoli Salad	6	170	120	80	9	1	5	200	10	4	4	4
Salads	Caesar Salad with Croutons		100	130	90	10	2	10	310	8	2	--	3
Salads	Caesar Salad without Croutons		100	120	90	10	2	10	280	4	2	--	3
Salads	Cole Slaw	6	170	240	160	18	2.5	25	690	17	2	16	1
Salads	Fresh Fruit Salad	6	170	60	--	--	--	--	20	17	1	16	1
Salads	Cucumber & Tomato Salad	6	170	110	90	10	1	--	720	5	<1	3	1
Salads	Original Potato Salad	6	170	150	5	0.5	--	5	55	35	2	10	3
Salads	Dill Potato Salad	6	170	350	260	29	6	50	540	19	2	2	5

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Salads	Pasta Salad	6	170	520	330	36	7	25	840	34	1	14	6
Salads	Pea Salad	6	170	310	200	22	4	15	850	19	6	7	8
Salads	Taco Salad	6	170	180	80	9	3.5	15	400	18	5	6	7
Sides	Au Gratin Potatoes	6	170	470	190	22	11	50	2840	52	<1	15	15
Sides	Baked Potato	6	173	160	--	--	--	--	15	36	4	2	4
Sides	Baked Potato Casserole	6	170	210	70	8	3.5	15	290	28	3	2	7
Sides	Black Eyed Peas	6	170	220	45	5	1	5	160	33	10	6	13
Sides	Corn on the Cob	6	170	180	80	9	2	--	15	20	3	7	5
Sides	Green Beans - No Potatoes	6	170	70	40	4	1	5	550	6	2	2	2
Sides	Green Beans	6	170	80	30	3.5	0.5	5	470	10	2	2	3
Sides	Barbecue Beans	6	170	160	10	1	--	--	530	31	7	10	5
Sides	Jalapeno Beans	6	170	220	10	1.5	--	--	125	40	13	3	13
Sides	Macaroni & Cheese	6	170	590	260	29	11	35	2960	72	<1	17	7
Sides	Mashed Potatoes	6	170	170	45	5	1.5	5	140	28	2	3	4
Sides	Oven Roasted New Potatoes	6	170	100	40	4.5	0.5	--	520	14	2	--	1
Sides	Stir Fried Broccoli	6	170	120	80	9	1.5	--	200	10	5	4	5
Sides	Onion Rings	6		560	340	38	7	--	380	48	6	6	6
Sides	Fries	6		220	50	6	1	--	50	38	4	--	4
Sauces	Basting	2 tbsp		50	--	--	--	--	90	10	--	12	--
Sauces	Cheese	1/4 cup		50	20	2	1	5	350	7	--	2	1
Sauces	Gravy	1/4 cup		60	30	3.5	1	--	220	6	--	--	1
Sauces	Hot Sauce	2 tbsp		35	--	--	--	--	100	8	--	7	--
Sauces	Olive Vinaigrette Dressing	2 tbsp		5	5	0.5	--	--	290	--	--	--	--
Sauces	Low Carb Barbecue Sauce	2 tbsp		--	--	--	--	--	120	1g	--	1	--
Sauces	Barbecue Sauce	2 tbsp		35	--	--	--	--	110	9g	--	8	--
Breads	Sesame Seed Bun	1 bun		170	30	3	0.5	--	260	30	1	4	5
Breads	Bread Sandwich Bun	1 bun		200	25	3	0.5	--	350	36	1	4	6
Breads	Cornbread Dressing	1 cup		350	160	17	4	120	1110	39	--	3	9
Breads	Classic Yeast Roll	1 roll	43	140	35	4	1		240	23	1	4	3
Breads	Texas Toast with Pan & Grill	1 slice		160	10	1.5	--	--	85	20	--	--	4
Breakfast	Bacon	4 strips		320	22	24	10	60	1200	4	--	--	16
Breakfast	Breakfast Burrito	1 ea.		350	110	13	5	35	500	45	3	5	14
Breakfast	Breakfast Ham	3		110	40	4.5	1	35	970	1	--	--	15
Breakfast	Buttermilk Pancake	2 ea.		240	30	3	1	35	1150	48	2	--	7
Breakfast	French Toast	2 ea.		460	45	5	--	10	270	53	--	4	12
Breakfast	Sausage Patty	3		340	290	32	12	85	830	--	--	--	14
Breakfast	Scrambled Eggs	4		190	120	13	2.5	50	240	7	--	7	11