



NUTRITIONAL FACTS

BREAKFAST FAVORITES

THE CLASSIC

Amount Per Serving
Calories 641.0
Total Fat 26.4 g
Saturated Fat 7.0 g
Polyunsaturated Fat 3.0 g
Monounsaturated Fat 5.4 g
Cholesterol 354.0 mg
Sodium 1,469.0 mg
Potassium 162.0 mg
Total Carbohydrate 69.0 g
Dietary Fiber 0.0 g
Sugars 1.8 g
Protein 26.2 g

STEAK AND EGGS

Amount Per Serving
Calories 906.0
Total Fat 68.0 g
Saturated Fat 5.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 374.0 mg
Sodium 1,012.0 mg
Potassium 0.0 mg
Total Carbohydrate 51.0 g
Dietary Fiber 1.0 g
Sugars 0.0 g
Protein 20.0 g

CORNED BEEF HASH & EGGS

Amount Per Serving
Calories 919.0
Total Fat 41.6 g
Saturated Fat 14.2 g
Polyunsaturated Fat 3.7 g
Monounsaturated Fat 17.8 g
Cholesterol 413.5 mg
Sodium 2,169.0 mg
Potassium 567.9 mg
Total Carbohydrate 90.9 g
Dietary Fiber 2.6 g
Sugars 2.6 g
Protein 40.8 g

ALL GOOD THINGS

Amount Per Serving
Calories 335.4
Total Fat 11.1 g
Saturated Fat 6.3 g
Polyunsaturated Fat 1.6 g
Monounsaturated Fat 3.5 g
Cholesterol 55.2 mg
Sodium 1,223.0 mg
Potassium 582.6 mg
Total Carbohydrate 24.6 g
Dietary Fiber 2.4 g
Sugars 16.9 g
Protein 30.3 g

MIXON DIXON

Amount Per Serving
Calories 1,173.8
Total Fat 81.1 g
Saturated Fat 13.3 g
Polyunsaturated Fat 4.2 g
Monounsaturated Fat 1.6 g
Cholesterol 390.0 mg
Sodium 2,434.7 mg
Potassium 278.8 mg
Total Carbohydrate 64.6 g
Dietary Fiber 2.4 g
Sugars 1.0 g
Protein 45.6 g

BLUEBERRY MUFFIN AND EGGS

Amount Per Serving
Calories 422.0
Total Fat 21.4 g
Saturated Fat 5.5 g
Polyunsaturated Fat 3.0 g
Monounsaturated Fat 5.4 g
Cholesterol 363.0 mg
Sodium 416.0 mg
Potassium 242.0 mg
Total Carbohydrate 42.0 g
Dietary Fiber 1.0 g
Sugars 27.8 g
Protein 15.2 g

BREAKFAST SANDWICHES

THE HAM & EGG

Amount Per Serving
Calories 566.6
Total Fat 23.9 g
Saturated Fat 5.5 g
Polyunsaturated Fat 2.3 g
Monounsaturated Fat 2.6 g
Cholesterol 480.1 mg
Sodium 1,053.7 mg
Potassium 157.5 mg
Total Carbohydrate 46.1 g
Dietary Fiber 3.0 g
Sugars 6.0 g
Protein 41.7 g

BREAKFAST WRAP

Amount Per Serving
Calories 510.7
Total Fat 29.0 g
Saturated Fat 10.6 g
Polyunsaturated Fat 3.2 g
Monounsaturated Fat 7.3 g
Cholesterol 367.7 mg
Sodium 811.3 mg
Potassium 196.0 mg
Total Carbohydrate 34.3 g
Dietary Fiber 1.0 g
Sugars 1.8 g
Protein 24.9 g

WESTERN BAGEL

Amount Per Serving
Calories 526.0
Total Fat 23.1 g
Saturated Fat 8.8 g
Polyunsaturated Fat 3.7 g
Monounsaturated Fat 7.4 g
Cholesterol 387.7 mg
Sodium 1,555.4 mg
Potassium 267.7 mg
Total Carbohydrate 43.2 g
Dietary Fiber 1.6 g
Sugars 4.8 g
Protein 35.3 g

THE EGG BOMB

Amount Per Serving
Calories 503.0
Total Fat 26.0 g
Saturated Fat 6.0 g
Polyunsaturated Fat 8.9 g
Monounsaturated Fat 5.4 g
Cholesterol 285.0 mg
Sodium 861.0 mg
Potassium 145.1 mg
Total Carbohydrate 44.6 g
Dietary Fiber 3.2 g
Sugars 5.9 g
Protein 22.1 g

EGG-WICH

Amount Per Serving
Calories 463.0
Total Fat 27.6 g
Saturated Fat 11.0 g
Polyunsaturated Fat 4.0 g
Monounsaturated Fat 7.6 g
Cholesterol 367.7 mg
Sodium 951.4 mg
Potassium 247.2 mg
Total Carbohydrate 26.9 g
Dietary Fiber 1.4 g
Sugars 4.3 g
Protein 24.4 g

MUFFIN-WICH

Amount Per Serving
Calories 459.4
Total Fat 27.0 g
Saturated Fat 11.0 g
Polyunsaturated Fat 3.4 g
Monounsaturated Fat 7.5 g
Cholesterol 367.7 mg
Sodium 947.6 mg
Potassium 258.3 mg
Total Carbohydrate 27.5 g
Dietary Fiber 2.0 g
Sugars 3.8 g
Protein 24.9 g

MUFFIN-WICH

Amount Per Serving
Calories 459.4
Total Fat 27.0 g
Saturated Fat 11.0 g
Polyunsaturated Fat 3.4 g
Monounsaturated Fat 7.5 g
Cholesterol 367.7 mg
Sodium 947.6 mg
Potassium 258.3 mg
Total Carbohydrate 27.5 g
Dietary Fiber 2.0 g
Sugars 3.8 g
Protein 24.9 g

BISCUIT-WICH

Amount Per Serving
Calories 393.5
Total Fat 27.1 g
Saturated Fat 10.9 g
Polyunsaturated Fat 3.4 g
Monounsaturated Fat 7.9 g
Cholesterol 367.7 mg
Sodium 1,011.0 mg
Potassium 234.9 mg
Total Carbohydrate 14.0 g
Dietary Fiber 0.4 g
Sugars 1.8 g
Protein 21.5 g

BENEDICTS

EGGS BENEDICT

Amount Per Serving
Calories 649.0
Total Fat 32.0 g
Saturated Fat 13.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 511.0 mg
Sodium 1,525.0 mg
Potassium 0.0 mg
Total Carbohydrate 64.0 g
Dietary Fiber 0.0 g
Sugars 1.0 g
Protein 24.0 g

HASH BENEDICT

Amount Per Serving
Calories 983.4
Total Fat 50.9 g
Saturated Fat 20.3 g
Polyunsaturated Fat 4.2 g
Monounsaturated Fat 20.9 g
Cholesterol 440.0 mg
Sodium 2,788.4 mg
Potassium 633.2 mg
Total Carbohydrate 87.1 g
Dietary Fiber 3.8 g
Sugars 3.6 g
Protein 44.3 g

TOMATO FLORENTINE

Amount Per Serving
Calories 580.3
Total Fat 23.4 g
Saturated Fat 9.2 g
Polyunsaturated Fat 1.9 g
Monounsaturated Fat 6.9 g
Cholesterol 448.5 mg
Sodium 1,931.1 mg
Potassium 508.1 mg
Total Carbohydrate 67.5 g
Dietary Fiber 2.7 g
Sugars 3.5 g
Protein 25.3 g

SIGNATURE OMELETS

THE GREEK

Amount Per Serving
Calories 540.1
Total Fat 18.6 g
Saturated Fat 8.5 g
Polyunsaturated Fat 0.4 g
Monounsaturated Fat 2.6 g
Cholesterol 50.5 mg
Sodium 1,763.6 mg
Potassium 261.3 mg
Total Carbohydrate 73.3 g
Dietary Fiber 1.1 g
Sugars 1.7 g
Protein 16.9 g

GOODNESS GRACIOUS

Amount Per Serving
Calories 564.2
Total Fat 16.2 g
Saturated Fat 8.5 g
Polyunsaturated Fat 0.4 g
Monounsaturated Fat 2.6 g
Cholesterol 50.5 mg
Sodium 1,735.5 mg
Potassium 469.0 mg
Total Carbohydrate 77.3 g
Dietary Fiber 2.1 g
Sugars 2.0 g
Protein 23.9 g

VEGGIE STIR-FRY

Amount Per Serving
Calories 504.5
Total Fat 4.8 g
Saturated Fat 0.2 g
Polyunsaturated Fat 0.4 g
Monounsaturated Fat 0.2 g
Cholesterol 0.0 mg
Sodium 709.3 mg
Potassium 42.2 mg
Total Carbohydrate 85.4 g
Dietary Fiber 1.0 g
Sugars 1.5 g
Protein 7.4 g

PATTY-O-SULLIVAN

Amount Per Serving
Calories 1,048.7
Total Fat 56.9 g
Saturated Fat 25.2 g
Polyunsaturated Fat 4.7 g
Monounsaturated Fat 22.1 g
Cholesterol 685.7 mg
Sodium 2,072.7 mg
Potassium 718.0 mg
Total Carbohydrate 67.4 g
Dietary Fiber 3.6 g
Sugars 2.9 g
Protein 63.0 g

HUMPTY DUMPTY

Amount Per Serving
Calories 511.2
Total Fat 23.9 g
Saturated Fat 9.2 g
Polyunsaturated Fat 9.5 g
Monounsaturated Fat 1.7 g
Cholesterol 257.0 mg
Sodium 1,500.7 mg
Potassium 411.1 mg
Total Carbohydrate 46.5 g
Dietary Fiber 1.9 g
Sugars 3.1 g
Protein 24.4 g

SOUTHERN STYLE

Amount Per Serving
Calories 441.0
Total Fat 23.0 g
Saturated Fat 9.0 g
Polyunsaturated Fat 9.0 g
Monounsaturated Fat 1.5 g
Cholesterol 257.0 mg
Sodium 1,380.0 mg
Potassium 259.0 mg
Total Carbohydrate 34.0 g
Dietary Fiber 0.5 g
Sugars 1.0 g
Protein 21.0 g

WEST COAST

Amount Per Serving
Calories 503.5
Total Fat 23.8 g
Saturated Fat 9.2 g
Polyunsaturated Fat 9.4 g
Monounsaturated Fat 1.7 g
Cholesterol 257.0 mg
Sodium 1,499.3 mg
Potassium 301.2 mg
Total Carbohydrate 45.4 g
Dietary Fiber 1.5 g
Sugars 2.5 g
Protein 23.4 g

PHILLY CHEESE STEAK

Amount Per Serving
Calories 576.5
Total Fat 26.3 g
Saturated Fat 10.9 g
Polyunsaturated Fat 1.6 g
Monounsaturated Fat 5.2 g
Cholesterol 384.0 mg
Sodium 1,015.3 mg
Potassium 88.2 mg
Total Carbohydrate 49.9 g
Dietary Fiber 2.0 g
Sugars 4.1 g
Protein 32.4 g

PANCAKES

BLUEBERRY

Amount Per Serving
Calories 260.6
Total Fat 6.0 g
Saturated Fat 2.0 g
Polyunsaturated Fat 2.0 g
Monounsaturated Fat 3.0 g
Cholesterol 60.0 mg
Sodium 904.4 mg
Potassium 64.5 mg
Total Carbohydrate 44.3 g
Dietary Fiber 4.0 g
Sugars 7.5 g
Protein 6.5 g

BUCKWHEAT GRANOLA PANCAKES

Amount Per Serving
Calories 369.5
Total Fat 15.3 g
Saturated Fat 3.3 g
Polyunsaturated Fat 4.8 g
Monounsaturated Fat 6.9 g
Cholesterol 100.0 mg
Sodium 567.5 mg
Potassium 164.6 mg
Total Carbohydrate 46.2 g
Dietary Fiber 4.8 g
Sugars 6.1 g
Protein 10.5 g

SWEET POTATO PECAN

Amount Per Serving
Calories 415.1
Total Fat 28.7 g
Saturated Fat 3.0 g
Polyunsaturated Fat 6.1 g
Monounsaturated Fat 11.7 g
Cholesterol 0.8 mg
Sodium 59.6 mg
Potassium 116.8 mg
Total Carbohydrate 38.7 g
Dietary Fiber 2.7 g
Sugars 9.1 g
Protein 4.6 g

ORIGINAL BUTTERMILK PANCAKES

Amount Per Serving
Calories 110.0
Total Fat 3.0 g
Saturated Fat 1.0 g
Polyunsaturated Fat 1.0 g
Monounsaturated Fat 1.5 g
Cholesterol 30.0 mg
Sodium 450.0 mg
Potassium 0.0 mg
Total Carbohydrate 17.0 g
Dietary Fiber 1.0 g
Sugars 0.0 g
Protein 3.0 g

THREE LITTLE DEUCES

Amount Per Serving
Calories 390.0
Total Fat 19.6 g
Saturated Fat 0.5 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 449.0 mg
Sodium 730.0 mg
Potassium 196.0 mg
Total Carbohydrate 32.1 g
Dietary Fiber 1.0 g
Sugars 6.0 g
Protein 21.6 g

GLUTEN FRIENDLY JUMBO PANCAKES

Amount Per Serving
Calories 190.0
Total Fat 8.0 g
Saturated Fat 6.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 14.0 mg
Sodium 24.0 mg
Potassium 0.0 mg
Total Carbohydrate 12.0 g
Dietary Fiber 7.0 g
Sugars 3.0 g
Protein 2.0 g

BANANAS FOSTER

Amount Per Serving
Calories 564.5
Total Fat 10.2 g
Saturated Fat 4.1 g
Polyunsaturated Fat 2.1 g
Monounsaturated Fat 3.2 g
Cholesterol 67.3 mg
Sodium 1,023.1 mg
Potassium 603.8 mg
Total Carbohydrate 119.7 g
Dietary Fiber 5.9 g
Sugars 63.4 g
Protein 8.7 g

WAFFLES

SWEET POTATO PECAN WAFFLE

Amount Per Serving
Calories 355.9
Total Fat 24.4 g
Saturated Fat 2.3 g
Polyunsaturated Fat 6.1 g
Monounsaturated Fat 11.6 g
Cholesterol 0.0 mg
Sodium 25.0 mg
Potassium 116.2 mg
Total Carbohydrate 34.9 g
Dietary Fiber 2.7 g
Sugars 25.1 g
Protein 3.6 g

ORIGINAL BELGIAN WAFFLE

Amount Per Serving
Calories 304.0
Total Fat 21.0 g
Saturated Fat 3.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 146.0 mg
Sodium 200.0 mg
Potassium 0.0 mg
Total Carbohydrate 23.0 g
Dietary Fiber 0.0 g
Sugars 3.0 g
Protein 7.0 g

RED, WHITE AND BLUE

Amount Per Serving
Calories 374.2
Total Fat 21.3 g
Saturated Fat 3.1 g
Polyunsaturated Fat 0.1 g
Monounsaturated Fat 0.0 g
Cholesterol 146.0 mg
Sodium 202.2 mg
Potassium 262.5 mg
Total Carbohydrate 40.8 g
Dietary Fiber 2.5 g
Sugars 13.4 g
Protein 7.9 g

LITTLE WAFFLE IN THE HENHOUSE

Amount Per Serving
Calories 438.6
Total Fat 24.4 g
Saturated Fat 7.6 g
Polyunsaturated Fat 3.0 g
Monounsaturated Fat 5.4 g
Cholesterol 359.5 mg
Sodium 1,029.0 mg
Potassium 162.0 mg
Total Carbohydrate 32.5 g
Dietary Fiber 0.0 g
Sugars 1.8 g
Protein 21.3 g

CHOCOLATE WAFFLE CRUNCH

Amount Per Serving
Calories 652.0
Total Fat 39.1 g
Saturated Fat 7.9 g
Polyunsaturated Fat 5.2 g
Monounsaturated Fat 5.4 g
Cholesterol 151.0 mg
Sodium 224.0 mg
Potassium 306.0 mg
Total Carbohydrate 62.2 g
Dietary Fiber 5.2 g
Sugars 22.4 g
Protein 16.4 g

BANANAS FOSTER WAFFLE

Amount Per Serving
Calories 537.8
Total Fat 26.8 g
Saturated Fat 6.6 g
Polyunsaturated Fat 0.3 g
Monounsaturated Fat 1.6 g
Cholesterol 166.6 mg
Sodium 285.5 mg
Potassium 333.1 mg
Total Carbohydrate 72.7 g
Dietary Fiber 2.1 g
Sugars 39.2 g
Protein 8.7 g

FRENCH TOAST

THE FRUITED PLAIN

Amount Per Serving
Calories 363.1
Total Fat 15.0 g
Saturated Fat 4.0 g
Polyunsaturated Fat 3.5 g
Monounsaturated Fat 6.1 g
Cholesterol 153.1 mg
Sodium 628.6 mg
Potassium 402.8 mg
Total Carbohydrate 47.4 g
Dietary Fiber 2.4 g
Sugars 8.9 g
Protein 10.9 g

BANANAS FOSTER FRENCH TOAST

Amount Per Serving
Calories 392.6
Total Fat 15.4 g
Saturated Fat 4.0 g
Polyunsaturated Fat 3.4 g
Monounsaturated Fat 6.1 g
Cholesterol 153.1 mg
Sodium 627.7 mg
Potassium 335.1 mg
Total Carbohydrate 54.0 g
Dietary Fiber 2.3 g
Sugars 5.0 g
Protein 10.6 g

ULTIMATE FRENCH TOAST

Amount Per Serving
Calories 161.0
Total Fat 3.0 g
Saturated Fat 1.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 59.0 mg
Sodium 362.0 mg
Potassium 0.0 mg
Total Carbohydrate 27.0 g
Dietary Fiber 0.0 g
Sugars 0.0 g
Protein 6.0 g

BURGERS

GREAT AMERICAN CHEESE BURGER

Amount Per Serving
Calories 934.7
Total Fat 47.5 g
Saturated Fat 15.8 g
Polyunsaturated Fat 2.9 g
Monounsaturated Fat 14.4 g
cholesterol 156.5 mg
Sodium 1,581.0 mg
Potassium 452.2 mg
Total Carbohydrate 65.3 g
Dietary Fiber 4.6 g
Sugars 9.9 g
Protein 56.9 g

PATTY MELT BURGER

Amount Per Serving
Calories 846.1
Total Fat 46.5 g
Saturated Fat 17.1 g
Polyunsaturated Fat 1.4 g
Monounsaturated Fat 14.8 g
Cholesterol 162.1 mg
Sodium 1,099.4 mg
Potassium 501.7 mg
Total Carbohydrate 48.7 g
Dietary Fiber 4.8 g
Sugars 3.0 g
Protein 54.3 g

BACON CHEDDAR BURGER

Amount Per Serving
Calories 1,001.7
Total Fat 53.5 g
Saturated Fat 18.3 g
Polyunsaturated Fat 2.9 g
Monounsaturated Fat 14.4 g
Cholesterol 166.5 mg
Sodium 1,810.0 mg
Potassium 391.6 mg
Total Carbohydrate 64.7 g
Dietary Fiber 4.4 g
Sugars 9.5 g
Protein 59.8 g

SANDWICHES

HOT TRIO

Amount Per Serving
Calories 818.0
Total Fat 47.4 g
Saturated Fat 13.8 g
Polyunsaturated Fat 1.1 g
Monounsaturated Fat 6.0 g
Cholesterol 107.8 mg
Sodium 2,969.0 mg
Potassium 802.9 mg
Total Carbohydrate 54.9 g
Dietary Fiber 6.2 g
Sugars 3.0 g
Protein 42.6 g

REUBEN

Amount Per Serving
Calories 942.5
Total Fat 59.1 g
Saturated Fat 20.2 g
Polyunsaturated Fat 1.8 g
Monounsaturated Fat 15.5 g
Cholesterol 173.2 mg
Sodium 2,855.0 mg
Potassium 738.4 mg
Total Carbohydrate 56.4 g
Dietary Fiber 5.6 g
Sugars 9.0 g
Protein 44.1 g

PHILLY CHEESE STEAK

Amount Per Serving
Calories 686.6
Total Fat 37.7 g
Saturated Fat 13.2 g
Polyunsaturated Fat 1.8 g
Monounsaturated Fat 10.9 g
Cholesterol 99.7 mg
Sodium 1,237.0 mg
Potassium 772.6 mg
Total Carbohydrate 56.8 g
Dietary Fiber 4.0 g
Sugars 6.8 g
Protein 30.4 g

TUSCAN TUNA MELT

Amount Per Serving
Calories 793.5
Total Fat 38.8 g
Saturated Fat 13.8 g
Polyunsaturated Fat 6.4 g
Monounsaturated Fat 8.2 g
Cholesterol 70.6 mg
Sodium 1,578.4 mg
Potassium 874.8 mg
Total Carbohydrate 62.9 g
Dietary Fiber 6.1 g
Sugars 1.7 g
Protein 47.2 g

CHICKEN PHILLY

Amount Per Serving
Calories 593.9
Total Fat 22.7 g
Saturated Fat 7.0 g
Polyunsaturated Fat 1.9 g
Monounsaturated Fat 3.8 g
Cholesterol 90.0 mg
Sodium 1,232.6 mg
Potassium 724.9 mg
Total Carbohydrate 56.8 g
Dietary Fiber 4.0 g
Sugars 6.8 g
Protein 40.1 g

TUSCAN CHICKEN SALAD MELT

Amount Per Serving
Calories 942.5
Total Fat 50.4 g
Saturated Fat 15.3 g
Polyunsaturated Fat 0.6 g
Monounsaturated Fat 4.1 g
Cholesterol 52.2 mg
Sodium 1,008.9 mg
Potassium 622.6 mg
Total Carbohydrate 55.0 g
Dietary Fiber 6.1 g
Sugars 1.7 g
Protein 64.1 g

TURKEY BACON RANCH

Amount Per Serving
Calories 735.8
Total Fat 42.9 g
Saturated Fat 13.0 g
Polyunsaturated Fat 1.3 g
Monounsaturated Fat 3.7 g
Cholesterol 70.0 mg
Sodium 2,127.3 mg
Potassium 454.3 mg
Total Carbohydrate 57.9 g
Dietary Fiber 3.4 g
Sugars 7.0 g
Protein 29.3 g

TUSCAN BLT

Amount Per Serving
Calories 468.0
Total Fat 26.0 g
Saturated Fat 5.5 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 13.8 mg
Sodium 1,131.0 mg
Potassium 411.9 mg
Total Carbohydrate 46.6 g
Dietary Fiber 5.2 g
Sugars 1.9 g
Protein 10.2 g

THE CLUB

Amount Per Serving
Calories 617.4
Total Fat 29.8 g
Saturated Fat 5.5 g
Polyunsaturated Fat 2.7 g
Monounsaturated Fat 3.2 g
Cholesterol 192.8 mg
Sodium 1,606.7 mg
Potassium 569.6 mg
Total Carbohydrate 57.4 g
Dietary Fiber 3.3 g
Sugars 6.6 g
Protein 24.2 g

GRILLED CHICKEN

Amount Per Serving
Calories 811.9
Total Fat 40.8 g
Saturated Fat 9.7 g
Polyunsaturated Fat 2.9 g
Monounsaturated Fat 3.5 g
Cholesterol 96.3 mg
Sodium 1,345.4 mg
Potassium 654.4 mg
Total Carbohydrate 62.2 g
Dietary Fiber 4.6 g
Sugars 6.6 g
Protein 47.5 g

TURKEY BERRY WRAP

Amount Per Serving
Calories 560.7
Total Fat 19.0 g
Saturated Fat 3.7 g
Polyunsaturated Fat 0.6 g
Monounsaturated Fat 0.1 g
Cholesterol 20.0 mg
Sodium 1,802.0 mg
Potassium 2,316.1 mg
Total Carbohydrate 74.3 g
Dietary Fiber 9.4 g
Sugars 5.1 g
Protein 27.0 g

GRILLED CHICKEN WRAP

Amount Per Serving
Calories 812.8
Total Fat 43.0 g
Saturated Fat 7.8 g
Polyunsaturated Fat 0.6 g
Monounsaturated Fat 1.0 g
Cholesterol 70.2 mg
Sodium 1,427.3 mg
Potassium 1,000.6 mg
Total Carbohydrate 67.9 g
Dietary Fiber 6.7 g
Sugars 3.4 g
Protein 36.8 g

VEGI-WRAP

Amount Per Serving
Calories 897.2
Total Fat 55.7 g
Saturated Fat 17.1 g
Polyunsaturated Fat 0.6 g
Monounsaturated Fat 4.1 g
Cholesterol 52.2 mg
Sodium 1,521.0 mg
Potassium 943.0 mg
Total Carbohydrate 71.5 g
Dietary Fiber 7.3 g
Sugars 3.4 g
Protein 27.8 g

WRAPS

HOME FRY PLATTERS

TRADITIONAL

Amount Per Serving
Calories 770.1
Total Fat 48.4 g
Saturated Fat 20.4 g
Polyunsaturated Fat 2.1 g
Monounsaturated Fat 7.5 g
Cholesterol 570.0 mg
Sodium 2,327.1 mg
Potassium 266.9 mg
Total Carbohydrate 37.7 g
Dietary Fiber 0.6 g
Sugars 2.9 g
Protein 45.5 g

SOUTHWESTERN

Amount Per Serving
Calories 541.9
Total Fat 26.1 g
Saturated Fat 10.9 g
Polyunsaturated Fat 2.6 g
Monounsaturated Fat 8.8 g
Cholesterol 586.7 mg
Sodium 1,592.2 mg
Potassium 407.0 mg
Total Carbohydrate 39.3 g
Dietary Fiber 2.0 g
Sugars 4.3 g
Protein 35.1 g

SAUSAGE AND CHEESE

Amount Per Serving
Calories 777.0
Total Fat 48.7 g
Saturated Fat 18.8 g
Polyunsaturated Fat 5.2 g
Monounsaturated Fat 18.8 g
Cholesterol 637.2 mg
Sodium 1,975.2 mg
Potassium 559.3 mg
Total Carbohydrate 37.5 g
Dietary Fiber 0.6 g
Sugars 1.9 g
Protein 44.5 g

ON THE LIGHTER SIDE

SKINNY CHICKEN

Amount Per Serving
Calories 385.1
Total Fat 13.2 g
Saturated Fat 4.0 g
Polyunsaturated Fat 1.8 g
Monounsaturated Fat 4.8 g
Cholesterol 540.0 mg
Sodium 362.2 mg
Potassium 507.1 mg
Total Carbohydrate 49.3 g
Dietary Fiber 4.7 g
Sugars 2.0 g
Protein 21.1 g

OATMEAL

Amount Per Serving
Calories 320.0
Total Fat 4.0 g
Saturated Fat 1.0 g
Polyunsaturated Fat 1.0 g
Monounsaturated Fat 2.0 g
Cholesterol 0.0 mg
Sodium 520.0 mg
Potassium 360.0 mg
Total Carbohydrate 64.0 g
Dietary Fiber 6.0 g
Sugars 24.0 g
Protein 8.0 g

GET THE SCOOP

Amount Per Serving
Calories 560.9
Total Fat 27.0 g
Saturated Fat 4.2 g
Polyunsaturated Fat 4.7 g
Monounsaturated Fat 3.3 g
Cholesterol 14.7 mg
Sodium 456.6 mg
Potassium 262.3 mg
Total Carbohydrate 29.9 g
Dietary Fiber 3.2 g
Sugars 10.4 g
Protein 45.7 g

FRUIT AND YOGURT PARFAIT

Amount Per Serving
Calories 195.2
Total Fat 2.7 g
Saturated Fat 1.1 g
Polyunsaturated Fat 0.4 g
Monounsaturated Fat 0.3 g
Cholesterol 7.5 mg
Sodium 81.8 mg
Potassium 539.3 mg
Total Carbohydrate 37.2 g
Dietary Fiber 4.8 g
Sugars 29.2 g
Protein 6.4 g

SALADS

COBB SALAD

Amount Per Serving
Calories 386.8
Total Fat 18.7 g
Saturated Fat 8.8 g
Polyunsaturated Fat 0.3 g
Monounsaturated Fat 4.0 g
Cholesterol 196.2 mg
Sodium 1,145.8 mg
Potassium 189.0 mg
Total Carbohydrate 11.4 g
Dietary Fiber 3.9 g
Sugars 4.9 g
Protein 43.4 g

SPINACH SALAD

Amount Per Serving
Calories 108.4
Total Fat 8.3 g
Saturated Fat 1.1 g
Polyunsaturated Fat 0.8 g
Monounsaturated Fat 6.0 g
Cholesterol 0.0 mg
Sodium 23.7 mg
Potassium 218.3 mg
Total Carbohydrate 8.7 g
Dietary Fiber 1.4 g
Sugars 5.1 g
Protein 1.0 g

HOUSE SALAD

Amount Per Serving
Calories 98.6
Total Fat 6.5 g
Saturated Fat 3.2 g
Polyunsaturated Fat 0.5 g
Monounsaturated Fat 2.1 g
Cholesterol 105.0 mg
Sodium 114.0 mg
Potassium 130.0 mg
Total Carbohydrate 3.1 g
Dietary Fiber 0.9 g
Sugars 1.5 g
Protein 6.7 g

CATERING MENU

HOUSE SALAD

Amount Per Serving
Calories 98.6
Total Fat 6.5 g
Saturated Fat 3.2 g
Polyunsaturated Fat 0.5 g
Monounsaturated Fat 2.1 g
Cholesterol 105.0 mg
Sodium 114.0 mg
Potassium 130.0 mg
Total Carbohydrate 3.1 g
Dietary Fiber 0.9 g
Sugars 1.5 g
Protein 6.7 g

CHICKEN SALAD WRAP

Amount Per Serving
Calories 740.6
Total Fat 46.0 g
Saturated Fat 8.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 110.0 mg
Sodium 1,513.5 mg
Potassium 8.4 mg
Total Carbohydrate 46.1 g
Dietary Fiber 0.1 g
Sugars 3.0 g
Protein 32.0 g

SAUSAGE BISCUIT

Amount Per Serving
Calories 380.0
Total Fat 27.0 g
Saturated Fat 8.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 35.0 mg
Sodium 730.0 mg
Potassium 260.0 mg
Total Carbohydrate 25.0 g
Dietary Fiber 2.0 g
Sugars 2.0 g
Protein 11.0 g

GALLON APPLE JUICE

Amount Per Serving
Calories 186.5
Total Fat 0.4 g
Saturated Fat 0.1 g
Polyunsaturated Fat 0.1 g
Monounsaturated Fat 0.0 g
Cholesterol 0.0 mg
Sodium 11.9 mg
Potassium 472.2 mg
Total Carbohydrate 46.3 g
Dietary Fiber 0.4 g
Sugars 0.0 g
Protein 0.2 g

CLUB WRAP

Amount Per Serving
Calories 813.5
Total Fat 56.5 g
Saturated Fat 14.5 g
Polyunsaturated Fat 0.6 g
Monounsaturated Fat 3.0 g
Cholesterol 106.8 mg
Sodium 2,267.0 mg
Potassium 310.5 mg
Total Carbohydrate 47.8 g
Dietary Fiber 1.1 g
Sugars 3.7 g
Protein 33.8 g

BLT WRAP

Amount Per Serving
Calories 428.9
Total Fat 22.8 g
Saturated Fat 6.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 22.5 mg
Sodium 1,326.7 mg
Potassium 57.2 mg
Total Carbohydrate 43.3 g
Dietary Fiber 0.4 g
Sugars 0.6 g
Protein 14.7 g

PARFAIT

Amount Per Serving
Calories 195.2
Total Fat 2.7 g
Saturated Fat 1.1 g
Polyunsaturated Fat 0.4 g
Monounsaturated Fat 0.3 g
Cholesterol 7.5 mg
Sodium 81.8 mg
Potassium 539.3 mg
Total Carbohydrate 37.2 g
Dietary Fiber 4.8 g
Sugars 29.2 g
Protein 6.4 g

GALLON ORANGE JUICE

Amount Per Serving
Calories 175.2
Total Fat 1.1 g
Saturated Fat 0.2 g
Polyunsaturated Fat 0.3 g
Monounsaturated Fat 0.2 g
Cholesterol 0.0 mg
Sodium 4.0 mg
Potassium 756.4 mg
Total Carbohydrate 40.0 g
Dietary Fiber 0.8 g
Sugars 35.2 g
Protein 3.2 g

COBB SALAD

Amount Per Serving
Calories 386.8
Total Fat 18.7 g
Saturated Fat 8.8 g
Polyunsaturated Fat 0.3 g
Monounsaturated Fat 4.0 g
Cholesterol 196.2 mg
Sodium 1,145.8 mg
Potassium 189.0 mg
Total Carbohydrate 11.4 g
Dietary Fiber 3.9 g
Sugars 4.9 g
Protein 43.4 g

TURKEY BACON RANCH

Amount Per Serving
Calories 429.9
Total Fat 18.0 g
Saturated Fat 5.0 g
Polyunsaturated Fat 2.5 g
Monounsaturated Fat 1.5 g
Cholesterol 44.0 mg
Sodium 2,058.7 mg
Potassium 57.2 mg
Total Carbohydrate 43.0 g
Dietary Fiber 2.8 g
Sugars 6.1 g
Protein 28.6 g

FRUIT MEDLEY

Amount Per Serving
Calories 45.2
Total Fat 0.2 g
Saturated Fat 0.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 0.0 mg
Sodium 14.7 mg
Potassium 153.4 mg
Total Carbohydrate 11.5 g
Dietary Fiber 1.4 g
Sugars 6.7 g
Protein 0.8 g

CHOCOLATE CHIP COOKIES

Amount Per Serving
Calories 272.7
Total Fat 12.8 g
Saturated Fat 4.2 g
Polyunsaturated Fat 1.3 g
Monounsaturated Fat 6.6 g
Cholesterol 0.0 mg
Sodium 178.6 mg
Potassium 76.5 mg
Total Carbohydrate 37.9 g
Dietary Fiber 1.4 g
Sugars 0.0 g
Protein 3.1 g

TURKEY CLUB WRAP

Amount Per Serving
Calories 475.4
Total Fat 27.6 g
Saturated Fat 5.8 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 29.5 mg
Sodium 1,230.2 mg
Potassium 5.2 mg
Total Carbohydrate 45.2 g
Dietary Fiber 0.8 g
Sugars 1.6 g
Protein 14.7 g

BLUEBERRY MUFFIN/FRUIT SALAD

Amount Per Serving
Calories 297.4
Total Fat 10.6 g
Saturated Fat 2.8 g
Polyunsaturated Fat 0.1 g
Monounsaturated Fat 0.5 g
Cholesterol 30.5 mg
Sodium 270.1 mg
Potassium 276.7 mg
Total Carbohydrate 51.4 g
Dietary Fiber 3.1 g
Sugars 24.2 g
Protein 5.0 g

GALLON TEA

Amount Per Serving
Calories 97.0
Total Fat 0.0 g
Saturated Fat 0.0 g
Polyunsaturated Fat 0.0 g
Monounsaturated Fat 0.0 g
Cholesterol 0.0 mg
Sodium 0.0 mg
Potassium 0.0 mg
Total Carbohydrate 25.0 g
Dietary Fiber 0.0 g
Sugars 25.0 g
Protein 0.0 g