

Item Name	Quantity	Measure	Wgt. (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	A-IU (IU)	Vit C (mg)	Sod (mg)	Calc (mg)	Iron (mg)	
Fried Chicken																		
Fried Chicken Breast	1	Breast	219	521	29.1	10.0	1.3	134.6	17.5	0.6	0.4	43.6	165	0.0	1424	31	2.5	
Fried Chicken Thigh	1	Thigh	145	421	28.0	9.3	1.1	117.0	15.0	0.5	0.3	24.9	198	3.1	993	20	2.2	
Fried Chicken Wing	1	Wing	46	150	10.4	3.2	0.3	42.5	2.9	0.1	0.1	10.2	79	0.4	541	9	0.7	
Fried Chicken Leg	1	Leg/Drum	66	174	10.0	3.5	0.4	54.7	6.7	0.2	0.2	13.1	60	1.7	550	11	1.0	
Golden Tenders																		
Fried Chicken Tenders	4	Tenders	170	521	28.7	12.8	2.2	101.6	25.4	0.9	0.2	35.8	29	1.7	490	23	2.5	
Roasted Chicken																		
Golden Roast Chicken Breast	1	Breast	161	313	12.2	3.4	0.0	129.9	1.1	0.5	1.1	46.7	1426	0.4	1167	41	2.3	
Golden Roast Chicken Thigh	1	Thigh	113	273	16.9	4.7	0.0	100.7	0.8	0.4	0.8	27.5	1064	0.3	821	26	1.9	
Golden Roast Chicken Wing	1	Wing	45	126	8.3	2.3	0.0	35.4	0.5	0.2	0.5	11.6	597	0.2	472	14	0.8	
Golden Roast Chicken Leg	1	Drum/Leg	70	159	9.0	2.5	0.0	61.3	0.6	0.3	0.5	17.6	720	0.2	578	17	1.2	
Sandwiches																		
Golden Tender Sandwich	1	Sandwich	230	657	25.7	9.0	3.5	59.8	75.5	2.4	8.4	28.0	138	5.8	819	24	2.2	
Buffalo Tender Sandwich	1	Sandwich	234	724	34.8	14.0	3.5	90.2	65.6	2.4	8.4	34.1	551	9.3	905	176	2.3	
Chunky Chicken Salad Sandwich	1	Sandwich	249	708	35.1	6.5	2.5	102.8	54.1	2.3	9.1	42.3	226	5.6	573	36	2.4	
Catfish																		
Fried Breaded Catfish	4	Pieces	195	561	27.8	8.5	0.7	119.1	34.5	1.1	0.5	40.1	513	2.0	1489	155	1.9	
Side Dishes (Individual)																		
Batter Coat French Fries	4	Ounces	85	263	14.7	4.5	0.4	4.1	29.4	2.7	0.7	2.7	0	4.8	482	0	1.4	
Classic Potato Salad	5.3	Ounces	150	287	19.6	3.3	0.0	19.6	27.4	1.3	6.5	2.6	0	11.8	627	0	0.5	
Coleslaw	4	Ounces	113	125	8.5	1.3	0.0	16.9	12.1	2.2	9.7	1.1	1534	29.3	20	34	0.4	
Corn Nuggets	3	Ounces	85	265	13.2	4.2	0.5	5.2	33.0	2.1	2.1	3.2	0	0.0	447	21	0.8	
Corn on the Cob	1	Cob	162	182	6.0	1.0	0.7	0.0	34.0	2.0	8.0	5.0	338	3.6	52	0	0.0	
Dirty Rice	4.4	Ounces	125	200	12.5	3.7	0.0	56.1	16.2	0.6	0.0	6.2	624	4.5	923	50	2.3	
Fresh Baked Yeast Roll	1	Roll	58	176	5.7	1.3	1.2	4.5	25.9	1.0	4.1	5.1	62	2.5	182	6	0.5	
Fried Okra	4	Ounces	113	292	15.5	6.9	1.2	11.5	34.0	3.0	3.1	4.7	301	10.0	509	72	1.1	
Green Beans	3.8	Ounces	108	31	0.7	0.2	0.1	0.0	6.1	1.7	0.6	1.2	333	3.9	475	46	1.0	
Mac & Cheese	5	Ounces	142	139	4.1	1.5	0.0	5.8	20.8	1.2	1.2	4.6	579	0.0	509	58	0.6	
Mashed Potatoes	4	Ounce	113	74	1.5	0.4	0.5	0.0	13.8	1.2	0.2	1.5	0	3.0	354	17	0.3	
White Cream Peppered Gravy	6.5	Ounces	186	54	0.6	0.0	0.0	0.0	8.2	0.0	6.8	4.5	0	0.0	5	132	0.1	
Mozzarella Sticks	4	Sticks	85	342	20.9	7.3	0.2	24.8	25.7	1.1	0.0	13.6	302	0.0	438	302	1.1	
Southwest Style Pinto Beans	5.5	Ounces	156	142	1.9	0.5	0.2	0.0	23.3	6.8	1.2	7.3	412	4.0	693	94	2.3	
Tropical Fruit Salad	5	Ounces	142	90	0.0	0.0	0.0	0.0	23.7	1.1	22.5	0.1	219	52.2	11	1	0.4	
Chicken Salad																		
Chunky Chicken Salad	4.8	Ounces	136	363	24.2	4.0	0.1	95.6	2.3	0.4	0.8	32.8	105	0.7	212	25	1.4	
Beverages																		
Fresh Brewed Iced Tea Sweetened	8	fl. oz.	227	96	0.0	0.0	0.0	0.0	24.8	0.0	24.2	0.0	0	0.0	6	0	0.0	
Fresh Brewed Iced Tea Unsweetened	8	fl. oz.	227	2	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0	0.0	7	0	0.1	
Minute Maid Raspberry Lemonade	8	fl. oz.	227	101	0.1	0.0	0.0	0.0	27.1	0.0	25.6	0.1	0	8.1	2	0	0.0	
Desserts																		
Apple Pie Turnover	1	Pie	92	275	13.5	5.4	5.7	6.5	34.2	0.0	13.2	3.0	0	9.0	0	0	79.2	
Chocolate Chip Cookie	1	Cookie	40	180	10.0	5.0	0.0	10.0	24.0	1.0	14.0	2.0	0	0.0	125	0	6.0	
Oatmeal Raisin Cookie	1	Cookie	40	170	8.0	3.5	0.0	15.0	22.0	1.0	12.0	2.0	0	0.0	110	20	0.7	
White Chocolate Macadamia Nut Cookie	1	Cookie	40	190	10.0	5.0	0.0	10.0	23.0	0.0	15.0	2.0	0	0.0	120	20	0.7	