



Fried Chicken

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (f16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Classic Fried Chicken (2)</p> <p>INGREDIENTS: Chicken, may contain up to 8% retained water, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, chicken may contain up to 8% retained water, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p>CONTAINS: Milk, wheat.</p>	2	Pieces	560	34	12	0	145	26	1	4	38	740
<p>Classic Fried Chicken (3)</p> <p>INGREDIENTS: Chicken, may contain up to 8% retained water, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, chicken may contain up to 8% retained water, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p>CONTAINS: Milk, wheat.</p>	3	Pieces	700	43	15	0	185	29	2	4	49	890

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Fried Chicken (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Classic Fried Chicken (4)</p> <p><small>INGREDIENTS:</small> Chicken, may contain up to 8% retained water, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, chicken may contain up to 8% retained water, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p><small>CONTAINS:</small> Milk, wheat.</p>	4	Pieces	980	60	20	0	275	36	2	5	71	1160
<p>Classic Fried Chicken (10)</p> <p><small>INGREDIENTS:</small> Chicken, may contain up to 8% retained water, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, chicken may contain up to 8% retained water, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, water, chicken, salt, yellow prussiate of soda, sugar, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p><small>CONTAINS:</small> Milk, wheat.</p>	10	Pieces	2520	154	49	0	720	90	5	11	186	3030

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Fried Chicken (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Spicy Glazed Fried Chicken (2)</p> <p><small>INGREDIENTS:</small> Chicken (containing up to 8-16% solution of: water, salt, sodium phosphates, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3), enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, salt, soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p><small>CONTAINS:</small> Milk, soy, wheat.</p>	2	Pieces	760	47	16	0	170	38	2	7	45	1270
<p>Spicy Glazed Fried Chicken (3)</p> <p><small>INGREDIENTS:</small> Chicken (containing up to 8-16% solution of: water, salt, sodium phosphates, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3), enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, salt, soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p><small>CONTAINS:</small> Milk, soy, wheat.</p>	3	Pieces	1090	68	22	0	255	49	3	8	67	1770

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Fried Chicken (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Spicy Glazed Fried Chicken (4)</p> <p><small>INGREDIENTS:</small> Chicken (containing up to 8-16% solution of: water, salt, sodium phosphates, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3), enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, salt, soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p><small>CONTAINS:</small> Milk, soy, wheat.</p>	4	Pieces	1230	81	25	0	280	46	3	9	78	1900
<p>Spicy Glazed Fried Chicken (10)</p> <p><small>INGREDIENTS:</small> Chicken (containing up to 8-16% solution of: water, salt, sodium phosphates, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3), enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn starch, dehydrated garlic, dehydrated onion, salt, yellow prussiate of soda, mustard powder, smoked paprika, ground black pepper, corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, salt, soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion, biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p><small>CONTAINS:</small> Milk, soy, wheat.</p>	10	Pieces	3110	204	62	0.5	730	115	7	22	199	4790





Wings

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Traditional Bone In Wings (8)</p> <p>INGREDIENTS: Chicken, cornstarch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, dehydrated garlic, dehydrated onion, mustard powder, ground black pepper, smoked paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder.</p> <p>CONTAINS: Milk, wheat.</p>	8	Wings	710	49	13	0	260	14	1	0	54	1120
<p>Traditional Bone In Wings (16)</p> <p>INGREDIENTS: Chicken, cornstarch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, dehydrated garlic, dehydrated onion, mustard powder, ground black pepper, smoked paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder.</p> <p>CONTAINS: Milk, wheat.</p>	16	Wings	1420	98	26	0	515	28	2	0	107	2230
<p>Traditional Bone In Wings (24)</p> <p>INGREDIENTS: Chicken, cornstarch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, dehydrated garlic, dehydrated onion, mustard powder, ground black pepper, smoked paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder.</p> <p>CONTAINS: Milk, wheat.</p>	24	Wings	2130	147	38	0	775	41	3	0	161	3350
<p>Smoked Wings (8)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.</p> <p>CONTAINS: Milk.</p>	8	Wings	440	29	8	0	250	0	0	0	46	620

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Wings (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Smoked Wings (16)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.</p> <p>CONTAINS: Milk.</p>	16	Wings	880	57	16	0	500	1	1	0	92	1240
<p>Smoked Wings (24)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.</p> <p>CONTAINS: Milk.</p>	24	Wings	1320	86	24	0	750	1	1	0	138	1860
<p>Smoked Wings (32)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, apple cider vinegar, dehydrated garlic, ground black pepper, dehydrated onion, mustard powder, light chili powder, kosher salt, brown sugar, sugar, granulated onion, granulated garlic, ground mustard, celery seed, black pepper, and cayenne.</p> <p>CONTAINS: Milk.</p>	32	Wings	1760	114	32	0	1000	2	2	0	184	2480
<p>Roasted Wings (8)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, sugar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, salt, manioc (cassava), water, fresh peeled garlic, fresh thyme.</p> <p>CONTAINS: Milk.</p>	8	Wings	470	27	8	0	260	1	1	1	57	700
<p>Roasted Wings (16)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, sugar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, salt, manioc (cassava), water, fresh peeled garlic, fresh thyme.</p> <p>CONTAINS: Milk.</p>	16	Wings	950	54	15	0	515	2	2	2	114	1400
<p>Roasted Wings (24)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, sugar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, salt, manioc (cassava), water, fresh peeled garlic, fresh thyme.</p> <p>CONTAINS: Milk.</p>	24	Wings	1420	81	23	0	775	3	2	3	170	2100

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Wings (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(fib) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Roasted Wings (32)</p> <p>INGREDIENTS: Chicken, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3, parsley, sugar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, salt, manioc (cassava), water, fresh peeled garlic, fresh thyme.</p> <p>CONTAINS: Milk.</p>	32	Wings	1890	108	31	0	1035	4	3	4	227	2800
<p>Traditional Boneless Wings (10)</p> <p>INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cornstarch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, dehydrated garlic, dehydrated onion, mustard powder, ground black pepper, smoked paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.</p> <p>CONTAINS: Milk, wheat.</p>	10	Wings	380	17	3.5	0	80	24	1	0	32	1810
<p>Traditional Boneless Wings (20)</p> <p>INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cornstarch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, dehydrated garlic, dehydrated onion, mustard powder, ground black pepper, smoked paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.</p> <p>CONTAINS: Milk, wheat.</p>	20	Wings	760	34	7	0	165	48	2	0	65	3620
<p>Traditional Boneless Wings (30)</p> <p>INGREDIENTS: Boneless, skinless chicken breast meat nuggets, salt, monosodium glutamate, sugar, spices, paprika, cornstarch, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, dehydrated garlic, dehydrated onion, mustard powder, ground black pepper, smoked paprika, cultured nonfat milk, cornstarch, salt, Vitamin A palmitate, Vitamin D3.</p> <p>CONTAINS: Milk, wheat.</p>	30	Wings	1140	51	10	0	245	72	3	0	97	5430





Sides

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Brussels Sprouts</p> <p>INGREDIENTS: Brussel sprouts, fully refined peanut oil, with dimethylpolysiloxane (an anti-foam agent) added, salt.</p>	1	Serving	540	46	9	0	0	22	10	7	9	1400
<p>French Fries</p> <p>INGREDIENTS: Potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), modified food starch (potato, corn, tapioca, rice flour), dextrin, salt, leavening disodium dihydrogen pyrophosphate, sodium bicarbonate, dextrose, xanthan gum, fully refined peanut oil, with dimethylpolysiloxane (an anti-foam agent) added, salt, sugar, dehydrated onion, spices, cornstarch, dehydrated garlic, paprika and extractives of paprika (as color), turmeric (as color), natural flavors and less than 2% silicon dioxide to prevent caking.</p>	1	Serving	410	19	4	0	0	53	5	0	6	1080
<p>Petite Arugula Salad</p> <p>INGREDIENTS: Extra virgin olive oil, red wine vinegar, sodium bisulphite (added as a preservative), pure maple syrup, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices, salt, grape tomato, arugula, potatoes, vegetable oil (one or more of the following: corn, cottonseed, soybean, sunflower), sea salt, green cabbage, parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor.</p> <p>CONTAINS: Milk.</p>	1	Serving	410	36	7	0	5	19	2	6	4	420
<p>Outfox™ Biscuits</p> <p>INGREDIENTS: Biscuit (enriched bleached wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], vegetable oil shortening [palm oil], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], salt, whey, natural flavor, milk, cream, contains less than 1% of: sodium citrate, soybean oil, soy lecithin, dimethylpolysiloxane, propellant), honey butter spread (butter [cream, salt], water, honey, corn syrup, sugar, soybean oil, natural flavor, nonfat dry milk, mono and di-glycerides, salt, soy lecithin, sodium benzoate added as preservative, propylene glycol alginate, calcium disodium EDTA added to protect flavor).</p> <p>CONTAINS: Milk, soy, wheat.</p>	2	Biscuits	240	12	8	0	10	31	2	5	4	580
<p>Onion Rings</p> <p>INGREDIENTS: Onions, beer (water, barley malt, corn and/or rice, hops, yeast, sodium chloride), bleached wheat flour, soybean oil, yellow corn flour, sugar, contains less than 2% of: whey (milk), natural flavor, dextrose, leavening (sodium bicarbonate, monocalcium phosphate), autolyzed yeast extract, salt, canola oil, high oleic canola oil, dimethylpolysiloxane added to reduce foaming.</p> <p>CONTAINS: Milk, wheat.</p>	1	Serving	640	54	4.5	0	0	32	2	5	5	250

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Sides

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib (f16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Baked Mac & Cheese</p> <p>INGREDIENTS: Elbow macaroni [(cooked) semolina, (enriched with iron (ferrous sulfate) and B Vitamins (niacin, thiamine mononitrate, riboflavin, folic acid)), egg whites], water, pasteurized processed cheese spread [American cheese (milk, cheese culture, salt, enzymes), water, whey, sodium phosphate, whey protein concentrate, skim milk, salt, milkfat, artificial color], margarine [palm oil and soybean oil, water, salt, whey (milk), mono and diglycerides, soybean lecithin (soy), sodium benzoate added as a preservative, colored with beta carotene, artificial butter flavor, Vitamin A palmitate added], bellavitano cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking), cold pack cheese [cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), water, salt, apocarotenal (color), oleoresin paprika (color)], soybean oil, contains less than 2% of the following: nonfat dry milk, parmesan cheese [parmesan and asiago cheese (cultured milk, salt, enzymes), natural flavor, cellulose, salt], modified food starch, natural flavor (maltodextrin, modified butter oil, salt, dehydrated butter, shortening powder, guar gum, sodium bicarbonate, annatto and turmeric for color), romano cheese [romano cheese (cultured cow's milk, salt, enzymes), natural flavor, cellulose, salt], emulsifying salt (sodium polyphosphate, sodium phosphate), salt, sugar, lactic acid (lactic acid powder, calcium l-lactate), emulsifier (mono- and diglycerides prepared from fully hydrogenated palm oil), egg yolk powder (dried egg yolks, phospholipase), natural flavor (maltodextrin, whey solids, natural bleu cheese flavor, salt), lecithin, flour [wheat flour, enriched, bleached (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], xanthan gum, white cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor), potatoes, vegetable oil (one or more of the following: corn, cottonseed, soybean, sunflower), sea salt, soybean oil, soy lecithin, dimethylpolysiloxane, propellant.</p> <p>CONTAINS: Egg, milk, soy, wheat.</p>	1	Serving	480	31	13	0	80	32	2	3	18	1050
<p>Kale & Cabbage Slaw</p> <p>INGREDIENTS: Green cabbage, kale, soybean oil, apple juice concentrate, maple syrup, apple cider vinegar, distilled vinegar, water, extra virgin olive oil, salt, mustard seed, white wine, potassium sorbate and sodium benzoate added as preservatives, citric acid, natural flavor, spice, tartaric acid, xanthan gum, calcium disodium EDTA added to protect flavor, almonds roasted in canola, safflower oil and/or almond oil, sesame seeds.</p> <p>CONTAINS: Tree nuts (almonds), sesame seeds.</p>	1	Serving	110	8	1	0	0	9	2	4	3	160
<p>Carrots/Pickles</p> <p>INGREDIENTS: Carrots, fresh cucumbers, water, sugar, vinegar, contains less than 2% of salt, dehydrated onion, calcium chloride, sodium benzoate (preservative), spices (contains mustard and celery), yellow 5, polysorbate 80, natural flavors (contains celery and mustard).</p>	1	Serving	40	0	0	0	0	10	1	8	1	210





Dessert

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Lemon Pie Bar</p> <p>INGREDIENTS: Sugar, eggs, butter, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, contains 2% or less: modified corn starch, lemon juice concentrate puree, dextrose, citric acid, mono- and diglycerides, salt, cornstarch, wheat starch, lemon oil, sal oil, baking soda, natural and artificial flavors, soy lecithin.</p> <p>CONTAINS: Egg, milk, soy, wheat.</p>	1	Serving	330	16	9	0	115	41	0	30	4	130
<p>Chocolate Toffee Cookie</p> <p>INGREDIENTS: Semi-sweet chocolate chips and flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), enriched bleach flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, unsalted butter (sweet cream [milk], natural flavor), eggs, toffee pieces (organic evaporated cane juice, coconut oil, butter, salt, agar, natural flavor, caramel color, soy lecithin, citric acid), contains 2% or less of: molasses, dextrose, invert sugar, baking soda, salt, water, glycerine, butter oil, natural and artificial flavor.</p> <p>CONTAINS: Egg, milk, soy, wheat.</p>	1	Cookie	360	16	9	0	40	48	2	30	4	220





Sauces & Dressing

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(fib) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Honey Mustard Sauce (Mild)</p> <p>INGREDIENTS: Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA (to protect flavor), water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, filtered honey, distilled white vinegar, mustard seed, water, salt, white wine, citric acid, tartaric acid, fruit pectin, sugar, spices.</p> <p>CONTAINS: Egg.</p>	1	Serving	280	27	3.5	0	25	6	0	5	0	560
<p>Honey Sweet Chili Sauce (Medium)</p> <p>INGREDIENTS: Sugar, water, corn syrup, chili garlic sauce (salted chili pepper (chili peppers, salt), water, sugar, rice vinegar, garlic*, modified corn starch, acetic acid), distilled vinegar, soy sauce (water, soybeans, salt, alcohol), modified corn starch, salt, ginger, red bell pepper*, yeast extract, xanthan gum, citric acid. *dehydrated.</p> <p>CONTAINS: Soy.</p>	1	Serving	130	0	0	0	0	31	0	28	0	780
<p>Texas BBQ Sauce (Mild)</p> <p>INGREDIENTS: Water, distilled vinegar, sugar, tomato paste, brown sugar, salt, modified cornstarch, spices, natural flavor including natural smoke flavor, monosodium glutamate, onion*, mustard seed, garlic*, sodium benzoate added as a preservative, beet powder, citric acid, celery seed, corn syrup, molasses, turmeric, caramel color, tamarind *dehydrated.</p>	1	Serving	50	0	0	0	0	12	0	9	0	750
<p>Arctic Fox Sauce™ (Mild)</p> <p>INGREDIENTS: Soybean oil, distilled vinegar, egg yolk, high fructose corn syrup, contains less than 2% of salt, water, mustard seed, calcium disodium EDTA (to protect flavor), sugar, molasses, apple cider vinegar, water, mustard seeds, vinegar, salt and sodium bisulphite as a preservative, horseradish (distilled vinegar, water, soybean oil, salt, and artificial flavor), salt, ground cayenne red pepper, ground black pepper.</p> <p>CONTAINS: Egg.</p>	1	Serving	300	28	3.5	0	25	11	0	10	0	460
<p>Honey (Mild)</p> <p>INGREDIENTS: Filtered honey.</p>	1	Serving	160	0	0	0	0	46	0	43	0	5
<p>Buffalo Sauce (Medium)</p> <p>INGREDIENTS: Water, cayenne red pepper, distilled vinegar, salt, soybean oil, spice, sugar, xanthan gum, modified corn starch, dehydrated garlic, natural flavor, calcium disodium EDTA added to protect flavor.</p>	1	Serving	45	0	0	0	0	4	0	1	0	1930

(Continued on next page...)





Sauces & Dressing (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(16) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Sesame Teriyaki Sauce (Mild)</p> <p>INGREDIENTS: Soy sauce (water, wheat, soybeans, salt), sugar, expeller pressed vegetable oil (soybean and/or canola), dried onion, sesame seeds, dried garlic, vinegar, ginger puree (ginger, water), expeller pressed sesame oil, dried ginger.</p> <p>CONTAINS: Soy, sesame.</p>	1	Serving	130	0	0	0	0	24	0	21	3	1760
<p>Sly Sauce™ (Medium)</p> <p>INGREDIENTS: Sugar, rice wine vinegar, corn syrup, rice, water, chili powder, salt, alcohol, garlic, yeast extract, onion, fermented soybean powder (soybean, water, salt), thiamin Vitamin B1, koji seed, organic tomato concentrate, organic sugar, organic distilled vinegar, salt, less than 2% of: organic spices, organic garlic powder, organic onion powder, natural flavors, water, soybeans, salt, sugar, alcohol, vinegar, lactic acid, fresh peeled garlic, salt, 100% pure sesame oil.</p> <p>CONTAINS: Soy.</p>	1	Serving	110	2.5	0	0	0	24	0	19	1	1000
<p>Buttermilk Ranch</p> <p>INGREDIENTS: Canola oil, buttermilk, filtered water, white wine vinegar, egg yolk, cane sugar, salt, corn starch, garlic*, onion*, yeast extract, xanthan gum, natural flavor, spices. *dried.</p> <p>CONTAINS: Egg, milk.</p>	1	Serving	210	23	2	0	20	2	0	2	2	380
<p>Bleu Cheese</p> <p>INGREDIENTS: Canola oil, filtered water, blue cheese (milk, cheese cultures, salt, enzymes), buttermilk, white wine vinegar, egg yolk, cane sugar, salt, dried garlic, yeast extract, xanthan gum, natural flavor.</p> <p>CONTAINS: Egg, milk.</p>	1	Serving	250	25	3	0	30	2	0	2	2	430
<p>Sriracha Garlic Seasoning (Spicy)</p> <p>INGREDIENTS: Spices (including paprika), sugar, salt, garlic, citric acid, corn maltodextrin, cayenne pepper sauce (salt, aged cayenne red peppers, vinegar, garlic), extractives of paprika, calcium silicate & silicon dioxide (to make free flowing), natural flavor, & vinegar solids.</p>	1	Serving	0	0	0	0	0	0	0	0	0	300
<p>Spicy Glaze (Spicy)</p> <p>INGREDIENTS: Soybean oil, palm kernel oil, soy lecithin, natural flavor, beta carotene, pure maple syrup, made from the juice of apples, salt, yellow prussiate of soda, smoked paprika, ground cayenne red pepper, dehydrated garlic, chipotle chili, dehydrated onion.</p> <p>CONTAINS: Soy.</p>	1	Serving	310	28	8	0	0	13	1	10	1	980





Sauces & Dressing (cont.)

Menu Item:	Quantity	Measure	Calories (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fib(fib) (g)	Sugar (g)	Protein (g)	Sodium (mg)
<p>Lemon Pepper Seasoning (Mild)</p> <p><small>INGREDIENTS:</small> Salt, black pepper, citric acid, dehydrated onion, dehydrated garlic, sugar, Yellow 5 lake, maltodextrin, natural flavor, and less than 2% silicon dioxide added to prevent caking.</p>	1	Serving	0	0	0	0	0	0	0	0	0	1270
<p>Buttermilk Ranch Seasoning (Mild)</p> <p><small>INGREDIENTS:</small> Maltodextrin, buttermilk, salt, monosodium glutamate, garlic*, onion*, lactic acid, calcium lactate, spices, citric acid, less than 1% of: calcium stearate, artificial flavor, xanthan gum, carboxymethylcellulose, guar gum, natural flavor soy. *dried</p> <p><small>CONTAINS:</small> Milk, soy.</p>	1	Serving	20	0	0	0	0	4	0	0	0	220

