



CALORIE COUNT EVERYDAY PROTEIN ITEMS

ITEM	CALORIES PER SERVING	SERVING
Fried Chicken Leg	180	1 PC
Fried Chicken Thigh	460	1 PC
Fried Chicken Wing	220	1 PC
Fried Chicken Breast	630	1 PC
Baked Chicken Leg	90	1 PC
Baked Chicken Thigh	240	1 PC
Baked Chicken Wing	110	1 PC
Baked Chicken Breast	260	1 PC
Hotwings	360	2 PCS
Tenders	240	2 PCS
Fish	350	1 PC
Livers	270	3 PCS
Gizzards	210	3 PCS

Items not listed are daily specials and do not have nutritional information. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available on request.



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CALORIE COUNT EVERYDAY HOT ITEMS

ITEM	CALORIES PER SERVING	SERVING
Mashed Potatoes	45	Per Scoop
Country Gravy	65	Per Scoop
Brown Gravy	40	Per Scoop
Pinto Beans	65	Per Scoop
Rice	55	Per Scoop
Green Beans	20	Per Scoop
Cut Corn	50	Per Scoop
Mustard Greens	15	Per Scoop
Cabbage	20	Per Scoop
Macaroni & Cheese	50	Per Scoop
Okra Tomato	15	Per Scoop
Rolls	190	Per Piece
Corn Bread	135	Per Piece
Peach Cobbler	155	Per Scoop
Bread Pudding	150	Per Scoop

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CALORIE COUNT EVERYDAY BEVERAGES

ITEM	CALORIES PER		
	16 FL OZ	24 FL OZ	32 FL OZ
Barq's Root Beer	210	210	430
Coca-Cola	200	290	390
Diet Coke	0	0	0
Coca-Cola Zero	0	0	0
Sprite	190	280	380
Dr. Pepper	200	300	384
Fanta Orange	210	320	420
Fanta Strawberry	220	330	440
Hic Poppin' Pink Lemonade	190	290	380
Minute Maid Limeade	210	310	420
Nestea Raspberry	100	150	200
Unsweet Tea	0	0	0
Sweet Tea	214	320	426

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CALORIE COUNT EVERYDAY COLD ITEMS

ITEM	CALORIES PER SERVING	SERVING
Cole Slaw	55	Per Scoop
Gelatin Dessert	20	Per Scoop
Salad Mix	10	Per Scoop
Potato Salad	105	Per Scoop
Banana Pudding	85	Per Scoop
Vanilla Wafer	20	Per Piece

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