

# CATERING

NUTRITIONAL FACTS N' FIGURES



This information is applicable as of 2/11/25

## Table of Contents

### **Breakfast**

|                            |   |
|----------------------------|---|
| Meat Biscuits              | 1 |
| Eggs n' Meat               | 1 |
| Casseroles                 | 1 |
| Four Layer Breakfast Bowls | 1 |
| Griddle Classics           | 1 |
| Breakfast Extras           | 1 |

### **Lunch n' Dinner**

|                                    |   |
|------------------------------------|---|
| Lunch n' Dinner Meals              | 2 |
| Tenders Trio Platter               | 3 |
| Barrel Cheeseburger Slider Platter | 3 |
| Build Your Own Sandwich Bar        | 3 |
| Sides                              | 4 |
| Premium Sides                      | 4 |
| Salads                             | 5 |
| Salad Dressings                    | 5 |
| Bread                              | 5 |
| Beverages                          | 5 |
| Desserts                           | 5 |

"Cracker Barrel Old Country Store," name and logo are service marks/trademarks of CBOCS Properties, Inc. ©2025 CBOCS Properties, Inc.  
The Coca-Cola® trademark is being used with the permission of the Coca-Cola Company.

## CATERING

### All-Day Breakfast Meals (serves 10)

| Meat Biscuits (20 each) combine up to two       |                             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
|---|-----------------------------|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| Smoked Sausage                                  | each                        | 310  | 190           | 21            | 6            | 0             | 30            | 530         | 21               | 1           | 2           | 10          |
| Sugar Ham                                       | each                        | 230  | 80            | 9             | 3            | 0             | 35            | 870         | 20               | less than 1 | 2           | 14          |
| Country Ham                                     | each                        | 230  | 45            | 10            | 3.5          | 0             | 50            | 1340        | 20               | less than 1 | 2           | 15          |
| Eggs n' Meat                                    |                             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| Scrambled Eggs                                  | total                       | 1460 | 850           | 95            | 31           | 1             | 3315          | 1480        | 17               | 5           | 6           | 135         |
|   | per serving                 | 150  | 90            | 10            | 3            | 0             | 385           | 150         | 2                | less than 1 | 1           | 14          |
|   | Available with Colby Cheese | 1120 | 820           | 91            | 57           | 0             | 270           | 1710        | 7                | 0           | 1           | 67          |
| Thick Sliced Bacon: 30 slices                   | each                        | 70   | 50            | 6             | 2            | 0             | 15            | 150         | 0                | 0           | 0           | 5           |
| Smoked Sausage Patties: 20 patties              | each                        | 120  | 90            | 10            | 4            | 0             | 30            | 200         | less than 1      | 0           | 0           | 7           |
| Sugar Cured Ham: 10 slices                      | each                        | 220  | 130           | 15            | 3.5          | 0             | 55            | 960         | 1                | 0           | 1           | 18          |
| Spicy Chicken Sausage: 20 pieces                | each                        | 110  | 70            | 7             | 1.5          | 0             | 55            | 380         | 1                | 0           | 0           | 10          |
| Casseroles                                      |                             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| Egg n' Hashbrown Casserole with Sugar Cured Ham | total                       | 2890 | 550           | 150           | 59           | 2             | 305           | 8360        | 260              | 15          | 42          | 119         |
|   | per serving                 | 290  | 60            | 15            | 6            | 0             | 30            | 840         | 26               | 1           | 4           | 12          |
| Griddle Classics                                |                             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| Dozen Buttermilk Pancakes: 20 pancakes          | each                        | 230  | 0             | 11            | 2            | 0             | 10            | 720         | 30               | 2           | 3           | 3           |
| Dozen Slices of French Toast: 20 slices         | each                        | 190  | 50            | 6             | 2            | 0             | 80            | 170         | 29               | 1           | 11          | 6           |
| Homestyle Chicken n' French Toast               |                             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| Fried Homestyle Chicken: 10 each                | each                        | 530  | 260           | 29            | 6            | 0             | 100           | 1370        | 32               | 2           | 1           | 36          |
| Dozen Slices of French Toast: 20 slices         | each                        | 190  | 50            | 6             | 2            | 0             | 80            | 170         | 29               | 1           | 11          | 6           |
| Breakfast Extras                                |                             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| Hand-rolled Buttermilk Biscuits                 | Biscuit (each)              | 140  | 0             | 6             | 2            | 0             | 0             | 290         | 20               | less than 1 | 2           | 3           |
| Hashbrown Casserole                             | total                       | 2270 | 210           | 124           | 33           | 1.5           | 80            | 8890        | 250              | 21          | 13          | 40          |
|   | per serving                 | 230  | 20            | 12            | 3.5          | 0             | 10            | 890         | 25               | 2           | 1           | 4           |
| Loaded Hashbrown Casserole                      | total                       | 4750 | 1090          | 331           | 134          | 1.5           | 725           | 15490       | 259              | 21          | 14          | 218         |
|   | per serving                 | 470  | 110           | 33            | 13           | 0             | 75            | 1550        | 26               | 2           | 1           | 22          |
| Fried Apples                                    | total                       | 2060 | 440           | 50            | 17           | 0             | 0             | 340         | 410              | 29          | 352         | 3           |
|   | per serving                 | 210  | 45            | 5             | 1.5          | 0             | 0             | 35          | 41               | 3           | 35          | 0           |
| Sawmill Gravy                                   | total                       | 1200 | 70            | 84            | 22           | 0             | 85            | 2720        | 76               | 3           | less than 1 | 36          |
|   | per serving                 | 120  | 5             | 8             | 2.0          | 0             | 10            | 270         | 8                | 0           | 0           | 4           |
| Fresh Fruit                                     | total                       | 600  | 15            | 2             | 0            | 0             | 0             | 10          | 155              | 18          | 115         | 7           |
|   | per serving                 | 60   | 0             | 0             | 0            | 0             | 0             | 0           | 16               | 2           | 11          | less than 1 |
| Hashbrown Casserole Tots                        | total                       | 2830 | 1500          | 167           | 44           | 1             | 90            | 8040        | 281              | 5           | 11          | 49          |
|   | per serving                 | 280  | 150           | 17            | 4.5          | 0             | 10            | 800         | 28               | 0           | 1           | 5           |

| Lunch and Dinner Meals (serves 10)   |                             |                           |               |               |              |               |               |             |                  |             |             |             |    |
|--|-----------------------------|---------------------------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|----|
| Lunch and Dinner Meals (serves 10)   |                             | Cal.                      | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |    |
| Each classic meal serves 10 with your choice of entrée, two or three sides (see page 4 for nutrition information) and bread (see page 6 for nutrition information) |                             |                           |               |               |              |               |               |             |                  |             |             |             |    |
| <b>Fried Homestyle Chicken: 10 each</b>  | each                        | 530                       | 260           | 29            | 6            | 0             | 100           | 1370        | 32               | 2           | 1           | 36          |    |
| <b>Chicken Fried Chicken: 10 each</b>  | each                        | 530                       | 410           | 46            | 9            | 0             | 90            | 1600        | 32               | 3           | less than 1 | 33          |    |
|  | plus Sawmill Gravy (1 pint) | total                     | 600           | 35            | 42           | 11            | 0             | 40          | 1360             | 38          | 1           | 0           | 18 |
| <b>Maple Bacon Grilled Chicken: 10 each</b>  | each                        | 370                       | 130           | 17            | 5            | 0             | 105           | 1000        | 18               | 0           | 13          | 35          |    |
|  | total                       | 2760                      | 570           | 64            | 17           | 1.5           | 250           | 13060       | 399              | 47          | 12          | 148         |    |
| <b>Homemade Chicken n' Dumplins</b>  | per serving                 | 280                       | 60            | 6             | 1.5          | 0             | 25            | 1310        | 40               | 5           | 1           | 15          |    |
| <b>Pot Roast</b>   | total                       | 5200                      | 2120          | 260           | 68           | 0             | 1190          | 15540       | 230              | 24          | 73          | 425         |    |
| <b>Meatloaf: 10 slices</b>   | each                        | 450                       | 260           | 29            | 11           | 1.5           | 190           | 1280        | 14               | 1           | 6           | 32          |    |
| <b>Smoky Southern Chicken: 10 each</b>   | each                        | 190                       | 35            | 6             | 1.5          | 0             | 80            | 640         | 3                | 0           | 0           | 29          |    |
|  | total                       | 3030                      | 1970          | 219           | 96           | 1             | 635           | 6240        | 6                | 2           | 0           | 264         |    |
| <b>Sirloin Steak Tips</b>  | per serving                 | 300                       | 200           | 22            | 10           | 0             | 65            | 620         | less than 1      | 0           | 0           | 26          |    |
| <b>Grilled Chicken Tenders: 40 each</b>  | each                        | 50                        | 10            | 1.5           | 0            | 0             | 30            | 120         | less than 1      | 0           | less than 1 | 9           |    |
| <b>Crispy Tender Dippers: 40 each</b>  | each                        | 100                       | 45            | 5             | 1            | 0             | 30            | 360         | 4                | less than 1 | 0           | 10          |    |
|  | plus choice of              | BBQ sauce: 12 oz.         | 660           | 0             | 0            | 0             | 0             | 2740        | 170              | 0           | 161         | 0           |    |
|  |                             | Honey Mustard: 12 oz.     | 1470          | 1130          | 125          | 23            | 0             | 170         | 1590             | 68          | 0           | 68          | 0  |
|  |                             | Buttermilk Ranch: 12 oz.  | 1500          | 1360          | 153          | 24            | 1             | 135         | 2300             | 31          | 0           | 12          | 6  |
|  |                             | Carolina Gold BBQ: 12 oz. | 580           | 80            | 9            | 0             | 0             | 3540        | 119              | 3           | 109         | 7           |    |
|  |                             | Nashville Hot: 12 oz.     | 2430          | 430           | 247          | 48            | 2.5           | 0           | 4620             | 67          | 13          | 40          | 7  |
|  |                             | Maple Chipotle: 12 oz.    | 610           | 0             | 0            | 0             | 0.0           | 970         | 160              | 0           | 146         | 0           |    |
|  |                             | Comeback Sauce: 12 oz.    | 1670          | 1530          | 174          | 27            | 1.0           | 155         | 4070             | 26          | 0           | 16          | 7  |
| <b>Sugar Cured Ham: 30 slices</b>  | each                        |                           |               |               |              |               |               |             |                  |             |             |             |    |
|  | total                       | 7700                      | 2590          | 353           | 78           | 4             | 1210          | 26460       | 670              | 88          | 159         | 464         |    |
| <b>Turkey n' Dressing</b>  | per serving                 | 770                       | 260           | 35            | 8            | 0             | 120           | 2650        | 67               | 9           | 16          | 46          |    |
| <b>Turkey and Sugar Cured Ham</b>  | total                       | 14170                     | 3340          | 631           | 152          | 5             | 1935          | 41610       | 1410             | 185         | 487         | 744         |    |
|  | per serving                 | 1420                      | 330           | 63            | 15           | 0.5           | 195           | 4160        | 141              | 19          | 49          | 74          |    |
| <b>Southern Fried Chicken</b>  | total                       | 8220                      | 4500          | 500           | 116          | 0             | 2385          | 23660       | 390              | 43          | 0           | 542         |    |
|  | per serving                 | 820                       | 450           | 50            | 12           | 0             | 240           | 2370        | 39               | 4           | 0           | 54          |    |
| <b>Fried Catfish: 10 fillets</b>   | each                        | 250                       | 160           | 18            | 4.5          | 0             | 50            | 470         | 6                | 1           | 0           | 18          |    |
| <b>Hushpuppies: 20 each</b>  | each                        | 50                        | 20            | 2.5           | 0            | 0             | 0             | 115         | 7                | 0           | less than 1 | less than 1 |    |
| <b>Tartar Sauce: 16 oz.</b>  | total                       | 2330                      | 2170          | 241           | 38           | 1.5           | 220           | 2530        | 44               | 2           | 37          | 5           |    |

| <b>Crispy Tender Dippers Platter (Serves 10)</b>       |                     | Cal.      | Cal. from Fat | Total Fat (g) | Sat. Fat (g)  | Trans Fat (g) | Cholest. (mg) | Sodium (mg)   | Total Carbs. (g) | Fiber (g)        | Sugars (g)  | Protein (g) |             |
|--|---------------------|-----------|---------------|---------------|---------------|---------------|---------------|---------------|------------------|------------------|-------------|-------------|-------------|
| <b>Crispy Tender Dippers:</b>                          | 30 or 60 each       | each      | 100           | 45            | 5             | 1             | 0             | 30            | 360              | 4                | less than 1 | 0           | 10          |
| plus choice of   | BBQ sauce:          | 12 oz.    | 660           | 0             | 0             | 0             | 0             | 2740          | 170              | 0                | 161         | 0           |             |
|  | Honey Mustard:      | 12 oz.    | 1470          | 1130          | 125           | 23            | 0             | 170           | 1590             | 68               | 0           | 68          | 0           |
|  | Buttermilk Ranch:   | 12 oz.    | 1500          | 1360          | 153           | 24            | 1             | 135           | 2300             | 31               | 0           | 12          | 6           |
|  | Carolina Gold BBQ:  | 12 oz.    | 580           | 80            | 9             | 0             | 0             | 0             | 3540             | 119              | 3           | 109         | 7           |
|  | Nashville Hot:      | 12 oz.    | 2430          | 430           | 247           | 48            | 2.5           | 0             | 4620             | 67               | 13          | 40          | 7           |
|  | Maple Chipotle:     | 12 oz.    | 610           | 0             | 0             | 0             | 0.0           | 0             | 970              | 160              | 0           | 146         | 0           |
| Comeback Sauce:  | 12 oz.              | 1670      | 1530          | 174           | 27            | 1.0           | 155           | 4070          | 26               | 0                | 16          | 7           |             |
| <b>Barrel Cheeseburger Slider Platter (Serves 10)</b>  |                     |           | Cal.          | Cal. from Fat | Total Fat (g) | Sat. Fat (g)  | Trans Fat (g) | Cholest. (mg) | Sodium (mg)      | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| <b>Mini Cheeseburger:</b>                              | 10 each             | each      | 290           | 110           | 16            | 8             | 0             | 45            | 360              | 19               | less than 1 | 2           | 17          |
| <b>Pickle Slices:</b>                                  | 20 each             | each      | 5             | 0             | 0             | 0             | 0             | 50            | 2                | 0                | 2           | 0           |             |
| <b>Build Your Own Chicken Sandwich Bar (Serves 10)</b> |                     |           | Cal.          | Cal. from Fat | Total Fat (g) | Sat. Fat (g)  | Trans Fat (g) | Cholest. (mg) | Sodium (mg)      | Total Carbs. (g) | Fiber (g)   | Sugars (g)  | Protein (g) |
| <b>Grilled Chicken Sandwich:</b>                       | 10 each             | each      | 430           | 50            | 17            | 3.5           | 0             | 85            | 1020             | 34               | 1           | 4           | 35          |
| <b>Fried Chicken Sandwich:</b>                         | 10 each             | each      | 700           | 280           | 31            | 6             | 0             | 100           | 1670             | 63               | 3           | 5           | 42          |
| plus   | Pickles:            | 20 slices | 110           | 0             | 0             | 0             | 0             | 0             | 910              | 26               | 0           | 26          | 0           |
| plus choice of   | BBQ sauce:          | 8 oz.     | 440           | 0             | 0             | 0             | 0             | 0             | 1830             | 113              | 0           | 107         | 0           |
|  | Honey Mustard:      | 8 oz.     | 980           | 760           | 83            | 15            | 0             | 115           | 1060             | 45               | 0           | 45          | 0           |
|  | Buttermilk Ranch:   | 8 oz.     | 1000          | 910           | 102           | 16            | 0.5           | 90            | 1530             | 21               | 0           | 8           | 4           |
|  | Carolina Gold BBQ:  | 8 oz.     | 390           | 50            | 6             | 0             | 0             | 0             | 2360             | 79               | 2           | 73          | 5           |
|  | Nashville Hot:      | 8 oz.     | 1620          | 290           | 165           | 32            | 2.0           | 0             | 3080             | 45               | 8           | 27          | 5           |
|  | Maple Chipotle:     | 8 oz.     | 410           | 0             | 0             | 0             | 0.0           | 0             | 650              | 106              | 0           | 97          | 0           |
| add on   | Cheese Slices:      | each      | 100           | 80            | 9             | 5.0           | 0             | 30            | 440              | 1                | 0           | less than 1 | 5           |
|  | Thick-sliced Bacon: | each      | 70            | 50            | 6             | 2             | 0             | 15            | 150              | 0                | 0           | 0           | 5           |

| Sides (Serves 10)                |                        | Cal.        | Cal. from Fat        | Total Fat (g)        | Sat. Fat (g)        | Trans Fat (g)        | Cholest. (mg)        | Sodium (mg)        | Total Carbs. (g)        | Fiber (g)        | Sugars (g)        | Protein (g)        |
|----------------------------------|------------------------|-------------|----------------------|----------------------|---------------------|----------------------|----------------------|--------------------|-------------------------|------------------|-------------------|--------------------|
| Hashbrown Casserole              | total                  | 2270        | 210                  | 124                  | 33                  | 1.5                  | 80                   | 8890               | 250                     | 21               | 13                | 40                 |
|                                  | per serving            | 230         | 20                   | 12                   | 3.5                 | 0                    | 10                   | 890                | 25                      | 2                | 1                 | 4                  |
| Cole Slaw                        | total                  | 2300        | 1870                 | 201                  | 29                  | 0                    | 145                  | 2730               | 101                     | 0                | 101               | 0                  |
|                                  | per serving            | 230         | 190                  | 20                   | 3                   | 0                    | 15                   | 270                | 10                      | 0                | 10                | 0                  |
| Country Green Beans              | total                  | 1180        | 670                  | 75                   | 26                  | 0                    | 65                   | 1910               | 121                     | 42               | 50                | 28                 |
|                                  | per serving            | 120         | 70                   | 8                    | 2.5                 | 0                    | 5                    | 190                | 12                      | 4                | 5                 | 3                  |
| Cornbread Dressing               | total                  | 5030        | 2590                 | 286                  | 58                  | 2.5                  | 375                  | 15300              | 528                     | 87               | 56                | 84                 |
|                                  | per serving            | 500         | 260                  | 29                   | 6                   | 0                    | 40                   | 1530               | 53                      | 9                | 6                 | 8                  |
| Dumplings                        | total                  | 2260        | 500                  | 55                   | 15                  | 1.5                  | 0                    | 11070              | 385                     | 46               | 11                | 58                 |
|                                  | per serving            | 230         | 50                   | 5                    | 1.5                 | 0                    | 0                    | 1110               | 39                      | 5                | 1                 | 6                  |
| Fried Apples                     | total                  | 2060        | 440                  | 50                   | 17                  | 0                    | 0                    | 340                | 410                     | 29               | 352               | 3                  |
|                                  | per serving            | 210         | 45                   | 5                    | 1.5                 | 0                    | 0                    | 35                 | 41                      | 3                | 35                | 0                  |
| Fried Okra                       | total                  | 2480        | 840                  | 89                   | 0                   | 0                    | 100                  | 5210               | 377                     | 25               | 15                | 32                 |
|                                  | per serving            | 250         | 80                   | 9                    | 0                   | 0                    | 10                   | 520                | 38                      | 2                | 2                 | 3                  |
| Macaroni n Cheese                | total                  | 3130        | 2340                 | 260                  | 91                  | 0                    | 455                  | 7270               | 95                      | 1                | 27                | 109                |
|                                  | per serving            | 310         | 230                  | 26                   | 9                   | 0                    | 45                   | 730                | 10                      | 0                | 3                 | 11                 |
| Mashed Potatoes                  | total                  | 2970        | 60                   | 151                  | 28                  | 2                    | 25                   | 4260               | 374                     | 33               | 16                | 41                 |
|                                  | per serving            | 300         | 5                    | 15                   | 3                   | 0                    | less than 5          | 430                | 37                      | 3                | 2                 | 4                  |
| plus choice of                   | Brown Gravy (16 oz.)   | 430         | 45                   | 25                   | 8                   | 0                    | 45                   | 3450               | 47                      | 1                | 10                | 6                  |
|                                  | Sawmill Gravy (16 oz.) | 600         | 35                   | 42                   | 11                  | 0                    | 40                   | 1360               | 38                      | 1                | 0                 | 18                 |
| Seasoned Rice                    | total                  | 1820        | 0                    | 40                   | 22                  | 0                    | 105                  | 6540               | 321                     | 0                | 6                 | 34                 |
|                                  | per serving            | 180         | 0                    | 4                    | 2                   | 0                    | 10                   | 650                | 32                      | 0                | less than 1       | 3                  |
| Steamed Broccoli                 | total                  | 330         | 35                   | 4                    | 2                   | 0                    | 0                    | 1830               | 64                      | 22               | 15                | 24                 |
|                                  | per serving            | 35          | 0                    | 0                    | 0                   | 0                    | 0                    | 180                | 6                       | 2                | 2                 | 2                  |
| Sweet Potato Casserole           | total                  | 3540        | 80                   | 124                  | 21                  | 1.5                  | 0                    | 1480               | 619                     | 55               | 278               | 29                 |
|                                  | per serving            | 350         | 10                   | 12                   | 2                   | 0                    | 0                    | 150                | 62                      | 5                | 28                | 3                  |
| Sweet Whole Baby Carrots         | total                  | 1720        | 0                    | 75                   | 13                  | 1                    | 0                    | 1720               | 263                     | 45               | 188               | 0                  |
|                                  | per serving            | 170         | 0                    | 7                    | 1.5                 | 0                    | 0                    | 170                | 26                      | 4                | 19                | 0                  |
| Whole Kernel Corn                | total                  | 3450        | 100                  | 251                  | 43                  | 3.5                  | 0                    | 2190               | 311                     | 43               | 136               | 45                 |
|                                  | per serving            | 350         | 10                   | 25                   | 4.5                 | 0                    | 0                    | 220                | 31                      | 4                | 14                | 5                  |
| <b>Premium Sides (Serves 10)</b> |                        | <b>Cal.</b> | <b>Cal. from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans Fat (g)</b> | <b>Cholest. (mg)</b> | <b>Sodium (mg)</b> | <b>Total Carbs. (g)</b> | <b>Fiber (g)</b> | <b>Sugars (g)</b> | <b>Protein (g)</b> |
| Loaded Hashbrown Casserole       | total                  | 4750        | 1090                 | 331                  | 134                 | 1.5                  | 725                  | 15490              | 259                     | 21               | 14                | 218                |
|                                  | per serving            | 470         | 110                  | 33                   | 13                  | 0                    | 75                   | 1550               | 26                      | 2                | 1                 | 22                 |
| Hashbrown Casserole Tots         | total                  | 2830        | 1500                 | 167                  | 44                  | 1                    | 90                   | 8040               | 281                     | 5                | 11                | 49                 |
|                                  | per serving            | 280         | 150                  | 17                   | 4.5                 | 0                    | 10                   | 800                | 28                      | 0                | 1                 | 5                  |
| Bacon Mac n' Cheese              | total                  | 4320        | 2800                 | 342                  | 119                 | 0.5                  | 625                  | 10460              | 154                     | 6                | 38                | 163                |
|                                  | per serving            | 430         | 280                  | 34                   | 12                  | 0                    | 65                   | 1050               | 15                      | less than 1      | 4                 | 16                 |
| Loaded Mashed Potatoes           | total                  | 4010        | 860                  | 239                  | 61                  | 2                    | 310                  | 7940               | 377                     | 33               | 16                | 124                |
|                                  | per serving            | 400         | 90                   | 24                   | 6                   | 0                    | 30                   | 790                | 38                      | 3                | 2                 | 12                 |
| Fresh Fruit                      | total                  | 600         | 15                   | 2                    | 0                   | 0                    | 0                    | 10                 | 155                     | 18               | 115               | 7                  |
|                                  | per serving            | 60          | 0                    | 0                    | 0                   | 0                    | 0                    | 0                  | 16                      | 2                | 11                | less than 1        |

| Salads n' More (serves 10)   |             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g) | Protein (g) |
|--|-------------|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|
| Side Salad come with choice of Salad Dressing: see (below) for nutritional information |             |      |               |               |              |               |               |             |                  |             |            |             |
| Side Salad   | total       | 1200 | 480           | 54            | 18           | 5             | 145           | 2320        | 148              | 25          | 67         | 70          |
|  | per serving | 120  | 50            | 5             | 2            | 0             | 15            | 230         | 15               | 3           | 7          | 7           |
| Cracker Packets  | each        | 25   | 5             | 0.5           | 0            | 0             | 0             | 80          | 4                | 0           | 0          | 0           |
| Salad Dressings (1 Pint each)  |             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g) | Protein (g) |
| Balsamic Herb Vinaigrette  | total       | 1660 | 1510          | 166           | 15           | 0             | 0             | 3630        | 45               | 0           | 30         | 0           |
| Blue Cheese  | total       | 2200 | 2110          | 234           | 46           | 2             | 165           | 3850        | 15               | 3           | 8          | 16          |
| Buttermilk Ranch   | total       | 2000 | 1810          | 204           | 32           | 1.5           | 180           | 3060        | 42               | less than 1 | 16         | 9           |
| Honey Mustard  | total       | 1970 | 1510          | 166           | 30           | 0             | 225           | 2120        | 91               | 0           | 91         | 0           |
| Breads   |             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g) | Protein (g) |
| Biscuit: dozen   | each        | 140  | 0             | 6             | 2            | 0             | 0             | 290         | 20               | less than 1 | 2          | 3           |
| Corn Muffin: dozen   | each        | 190  | 20            | 11            | 2.5          | 0             | 25            | 470         | 19               | 2           | 3          | 3           |
| Sourdough Bread: one loaf  | per slice   | 110  | 20            | 2             | 0            | 0             | 0             | 85          | 21               | 1           | 3          | 3           |
| Beverages  |             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g) | Protein (g) |
| Premium Regular Coffee: 96 oz.   | total       | 30   | 5             | 1             | 0            | 0             | 0             | 0           | 5                | 4           | 0          | 1           |
| Premium Decaf Coffee: 96 oz.   | total       | 30   | 5             | 0.5           | 0            | 0             | 0             | 0           | 5                | 4           | 0          | less than 1 |
| Unsweet Freshly Brewed Iced Tea: half gallon   | total       | 0    | 0             | 0             | 0            | 0             | 0             | 0           | 0                | 0           | 0          | 0           |
| Sweet Freshly Brewed Iced Tea: half gallon   | total       | 630  | 0             | 0             | 0            | 0             | 0             | 50          | 163              | 0           | 163        | 0           |
| Peach Tea: half gallon   | total       | 890  | 0             | 0             | 0            | 0             | 0             | 140         | 218              | 0           | 212        | 0           |
| 100% Pure Orange Juice: half gallon  | total       | 700  | 0             | 0             | 0            | 0             | 0             | 120         | 170              | 4           | 166        | 10          |
| Lemonade: half gallon  | total       | 840  | 0             | 0             | 0            | 0             | 0             | 130         | 200              | 0           | 91         | 7           |
| Southern Half n' Half: half gallon   | total       | 740  | 0             | 0             | 0            | 0             | 0             | 90          | 181              | 0           | 127        | 4           |
| Desserts (Serves 10)   |             | Cal. | Cal. from Fat | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholest. (mg) | Sodium (mg) | Total Carbs. (g) | Fiber (g)   | Sugars (g) | Protein (g) |
| Peach Cobbler  | total       | 3370 | 1000          | 137           | 54           | 1.5           | 0             | 2400        | 1942             | 16          | 341        | 18          |
|  | per serving | 340  | 100           | 14            | 5            | 0             | 0             | 240         | 194              | 2           | 34         | 2           |
| Double Chocolate Fudge Coca-Cola® Cake   | total       | 6510 | 2840          | 316           | 103          | 4             | 685           | 2360        | 868              | 35          | 542        | 75          |
|  | per serving | 650  | 290           | 32            | 10           | 0             | 70            | 240         | 87               | 3           | 54         | 8           |
| Homestyle Chocolate Chip Cookies: 10 cookies   | each        | 240  | 100           | 11            | 6            | 0             | 30            | 120         | 30               | 1           | 19         | 3           |