

Menu Item	Serving Size	Calories	Calories From Fat				Cholesterol	Protein	Carbohydrate	Total		Sodium
			Fat	Fat	Sat Fat	Trans Fat				Sugars	Fiber	
Baked Fish	56g (1 piece)	90	40	4.5g	1g	0g	30mg	14g	0g	0g	0g	230mg
Baked Mostaccioli	140g (1 spoon)	150	50	5g	2g	0g	20mg	11g	15g	4g	1g	410mg
BBQ Beef	57g (1 tong)	70	20	2.5g	1g	0g	10mg	5g	8g	6g	<1g	500mg
BBQ Beef Ribs	143g (1 serving)	300	210	23g	9g	0g	60mg	17g	7g	6g	0g	350mg
BBQ Pork Ribs	41g (1 rib)	140	80	9g	3.5g	0g	35mg	9g	5g	5g	0g	320mg
BBQ Smoked Sausage w/ Peppers & Onions	83g (1 spoon)	190	140	15g	7g	0g	20mg	6g	8g	6g	<1g	650mg
Beef & Broccoli Stir-Fry	140g (1 spoon)	110	45	5g	1.5g	0g	15mg	3g	15g	6g	2g	670mg
Beef Patties	53g (1 pattie)	100	60	7g	2.5g	0g	45mg	9g	2g	<1g	0g	105mg
Beef Stroganoff	140g (1 spoon)	190	70	8g	2.5g	0g	55mg	13g	19g	<1g	1g	200mg
Buffalo Chicken Poppers	80g (1 spoon)	160	90	10g	1g	0g	20mg	8g	10g	1g	0g	700mg
Butter Crumb Alaskan Pollock	50g (1 piece)	110	50	5g	1.5g	0g	45mg	13g	2g	0g	0g	160mg
Butterfly Shrimp	11g (1 shrimp)	35	10	1.5g	0g	0g	5mg	1g	4g	0g	0g	70mg
Butterfly & Popcorn Shrimp	44g (1 spoon)	130	50	6g	1g	0g	15mg	4g	14g	1g	<1g	440mg
Carved Ham	85g (3 oz)	100	50	5g	3g	0g	40mg	14g	0g	0g	0g	990mg
Carved Grilled Pork Loin	85g (3 oz)	140	90	10g	3.5g	0g	45mg	13g	0g	0g	0g	370mg
Carved Roast Beef	85g (3 oz)	230	140	15g	7g	0g	70mg	23g	0g	0g	0g	55mg
Carved Rope Sausage	85g (3 oz)	270	220	24g	11g	0g	35mg	10g	3g	3g	0g	660mg
Carved Salmon Filet	85g (3 oz)	190	100	11g	2g	0g	55mg	19g	0g	0g	0g	390mg
Carved Sirloin Steak	85g (3 oz)	180	80	9g	3.5g	0g	70mg	25g	0g	0g	0g	170mg
Cheeseburger	109g (1 burger)	280	130	15g	5g	0g	50mg	15g	24g	3g	1g	800mg
Cheeseburger Sliders	78g (1 burger)	190	90	10g	5g	0g	25mg	8g	19g	3g	<1g	510mg
Chicken Alfredo	140g (1 spoon)	230	130	14g	4g	0g	35mg	10g	16g	3g	1g	530mg
Chicken & Dumplings	140g (1 spoon)	160	50	5g	1g	0g	30mg	11g	17g	3g	<1g	620mg
Chicken Sliders	66g (1 slider)	240	120	13g	2.5g	1g	15mg	8g	24g	3g	1g	490mg
Chicken Strips or Tenders	56g (1 spoon)	170	90	10g	2.5g	0g	25mg	10g	10g	<1g	0g	430mg

Menu Item	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Chicken Zucchini Stir-Fry	140g (1 spoon)	100	30	3.5g	1g	0g	25mg	8g	9g	7g	1g	280mg
Chinese Chicken Livers	85g (1 spoon)	200	100	11g	2.5g	0g	225mg	14g	14g	<1g	2g	670mg
Clam Strips	85g (1 tong)	320	180	20g	3.5g	0g	15mg	9g	28g	1g	2g	630mg
Coconut Shrimp	44g (1 spoon)	120	50	6g	1.5g	0g	25mg	4g	13g	4g	1g	170mg
Corn Dog	76g (1 corndog)	240	110	12g	1.5g	0g	30mg	6g	24g	7g	0g	610mg
Country BBQ Chicken - breast	165g (1 breast)	310	140	16g	5g	0g	165mg	40g	6g	3g	2g	780mg
Country BBQ Chicken - drumstick	75g (1 drumstick)	100	50	6g	1.5g	0g	55mg	10g	2g	2g	0g	280mg
Country BBQ Chicken - wing	58g (1 wing)	80	40	4.5g	1g	0g	40mg	10g	3g	2g	<1g	280mg
Country BBQ Chicken - thigh	122g (1 thigh)	180	100	11g	3g	0g	105mg	20g	5g	4g	<1g	540mg
Country Fried Steak - with Gravy	74g (1 piece)	220	120	13g	4g	0.5g	25mg	9g	16g	0g	<1g	700mg
Country Fried Steak - without Gravy	62g (1 piece)	210	120	13g	4g	0.5g	25mg	9g	15g	0g	<1g	630mg
Country Pasta Gratine	140g (1 spoon)	160	40	4g	1g	0g	20mg	8g	24g	2g	1g	720mg
Country-Style BBQ Pork Ribs	41g (1 rib)	140	80	9g	3.5g	0g	35mg	9g	5g	5g	0g	350mg
Creamy Penne Carbonara	140g (1 spoon)	260	150	17g	5g	0g	35mg	11g	17g	3g	2g	870mg
Fire Grilled Chicken Alfredo	140g (1 spoon)	220	130	14g	4g	0g	40mg	10g	14g	3g	2g	480mg
Fried Catfish	46g (1 piece)	100	50	5g	0g	0g	25mg	9g	4g	0g	0g	160mg
Fried Fish	30g (1 piece)	80	40	4g	0.5g	0g	10mg	3g	9g	0g	<1g	200mg
Fried Shrimp	44g (11 shrimp)	120	50	6g	1g	0g	35mg	4g	12g	<1g	<1g	590mg
Grilled BBQ Pork Steak	60g (1 steak)	150	80	9g	3g	0g	50mg	14g	3g	2g	0g	540mg
Grilled BBQ Smoked Sausage	80g (1 spoon)	170	120	13g	6g	0g	20mg	6g	8g	6g	<1g	520mg
Grilled Cheese Sandwich	93g (1/2 sandwich)	310	140	15g	4.5g	0g	15mg	9g	35g	5g	1g	650mg
Grilled Ham & Cheese Sandwich	93g (1/2 sandwich)	350	160	18g	5g	0g	30mg	13g	36g	5g	1g	1020mg
Grilled Italian Sausage Penne	140g (1 spoon)	180	100	11g	3.5g	0g	20mg	7g	14g	3g	1g	480mg

Menu Item	Serving Size	Calories	Calories	Fat	Sat	Trans	Cholesterol	Protein	Carbohydrate	Total		Sodium
			From Fat							Sugars	Fiber	
Grilled Pork Steak	57g (1 steak)	140	80	9g	3g	0g	50mg	14g	0g	0g	0g	440mg
Grilled Smoked Sausage	56g (1 link)	190	150	17g	8g	0g	25mg	7g	2g	0g	0g	460mg
Grilled Teriyaki Pineapple Chicken	85g (1 spoon)	130	50	6g	1.5g	0g	50mg	14g	6g	5g	0g	320mg
Hand Breaded Fried Chicken - breast	154g (1 breast)	360	200	22g	6g	0g	170mg	41g	0g	0g	2g	470mg
Hand Breaded Fried Chicken - drumstick	45g (1 drumstick)	100	60	7g	2g	0g	60mg	10g	0g	0g	0g	120mg
Hand Breaded Fried Chicken - thigh	122g (1 thigh)	200	120	13g	3.5g	0g	105mg	20g	0g	0g	<1g	230mg
Hand Breaded Fried Chicken - wing	58g (1 wing)	90	50	6g	1.5g	0g	45mg	10g	0g	0g	0g	115mg
Hearty Seafood Stew	140g (1 spoon)	100	45	5g	1g	0g	30mg	7g	8g	3g	1g	330mg
Honey BBQ Pork Riblets	34g (1 riblet)	120	80	9g	3g	0g	35mg	8g	3g	2g	0g	170mg
Honey Glazed Baked Ham	85g (1 slice)	120	50	5g	2.5g	0g	40mg	16g	1g	1g	0g	990mg
Italian Sausage	80g (1 spoon)	150	120	13g	4.5g	0g	30mg	6g	3g	1g	<1g	350mg
Jambalaya	140g (1 spoon)	130	80	9g	2.5g	0g	30mg	7g	7g	3g	1g	550mg
Kung Pao Beef	140g (1 spoon)	90	45	5g	1.5g	0g	15mg	2g	12g	6g	2g	520mg
Lasagna	146g (1 piece)	140	45	5g	2.5g	0g	25mg	7g	18g	4g	2g	530mg
Lo Mein	140g (1 spoon)	150	60	7g	1g	0g	20mg	4g	20g	3g	2g	400mg
Macaroni & Cheese	100g (1 spoon)	110	20	2.5g	1g	0g	5mg	4g	18g	1g	<1g	500mg
Meatloaf	85g (3 oz)	180	100	11g	4.5g	0g	60mg	12g	7g	4g	0g	440mg
New Orleans Bourbon Street Chicken	85g (1 spoon)	180	70	8g	1.5g	0g	55mg	17g	9g	1g	0g	580mg
Orange Chicken	85g (1 spoon)	340	200	22g	4.5g	0g	55mg	12g	26g	4g	1g	520mg
Parmesan Crusted Tilapia	3 oz (1 piece)	180	70	7g	2g	0g	45mg	21g	7g	<1g	0g	230mg
Pasta Florentine with Creamy Marinara	140g (1 spoon)	140	70	8g	2g	0g	10mg	4g	14g	3g	2g	270mg
Pasta Primavera	140g (1 spoon)	150	90	10g	4g	0g	2mg	4g	14g	2g	2g	250mg
Pepperoni & Sausage Calzone	69g (1 slice)	150	50	6g	3g	0g	45mg	7g	15g	4g	0g	390mg

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Perfect Pot Roast	140g (1 spoon)	160	60	7g	2.5g	0g	40mg	15g	9g	3g	1g	780mg
Pizza, BBQ Baked Chicken	120g (1 slice)	250	60	7g	3.5g	0g	30mg	15g	32g	11g	1g	800mg
Pizza, Cheese	76g (1 slice)	150	40	4g	2g	0g	10mg	8g	22g	2g	1g	350mg
Pizza, Pepperoni	88g (1 slice)	200	80	9g	4g	0g	25mg	10g	22g	2g	1g	580mg
Popcorn Shrimp	44g (1 spoon)	120	50	6g	1g	0g	35mg	4g	12g	<1g	<1g	590mg
Pot Roast Stroganoff	140g (1 spoon)	130	50	6g	2g	0g	25mg	6g	15g	3g	1g	540mg
Roasted Jerk Chicken - breast	154g (1 breast)	320	160	18g	5g	0g	165mg	40g	0g	0g	0g	820mg
Roasted Jerk Chicken - drumstick	45g (1 drumstick)	100	60	7g	2g	0g	55mg	10g	0g	0g	0g	340mg
Roasted Jerk Chicken - thigh	122g (1 thigh)	180	100	11g	3g	0g	105mg	20g	0g	0g	0g	660mg
Roasted Jerk Chicken - wing	58g (1 wing)	80	40	4.5g	1.5g	0g	40mg	10g	0g	0g	0g	260mg
Rotisserie Chicken - breast	154g (1 breast)	310	150	17g	5g	0g	165mg	40g	1g	1g	2g	680mg
Rotisserie Chicken - drumstick	45g (1 drumstick)	90	50	6g	1.5g	0g	55mg	10g	0g	0g	0g	170mg
Rotisserie Chicken - thigh	122g (1 thigh)	140	100	11g	3g	0g	105mg	20g	<1g	0g	0g	340mg
Rotisserie Chicken - wing	58g (1 wing)	80	40	4.5g	1.5g	0g	45mg	10g	0g	0g	0g	180mg
Salisbury Steak	100g (1 piece)	150	80	9g	3.5g	0.5g	25mg	9g	8g	1g	1g	300mg
Salmon with Creole Shrimp	102g (1 piece)	140	60	7g	1g	0g	70mg	18g	2g	<1g	0g	140mg
Sauerkraut	28g (1 spoon)	5	0	0g	0g	0g	0mg	0g	1g	0g	0g	110mg
Seafood Patties	57g (1 patty)	120	50	6g	1g	0g	30mg	3g	13g	1g	1g	460mg
Shrimp Alfredo	140g (1 spoon)	200	90	10g	4g	0g	95mg	14g	14g	<1g	1g	280mg
Shrimp Scampi	140g (1 spoon)	260	120	13g	3.5g	0g	120mg	16g	21g	<1g	1g	380mg
Sizzling BBQ Beef Brisket	85g (3 oz)	170	50	6g	2g	0g	30mg	23g	6g	6g	0g	500mg
Spaghetti & Meatballs	140g (1 spoon)	140	45	5g	2g	0g	10mg	7g	19g	3g	3g	500mg
Spaghetti & Meat Sauce	140g (1 spoon)	120	30	3g	1g	0g	10mg	8g	17g	4g	2g	430mg
Traditional Baked Chicken - breast	154g (1 breast)	310	150	17g	5g	0g	165mg	40g	<1g	0g	2g	630mg

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Traditional Baked Chicken - drumstick	45g (1 drumstick)	80	50	6g	2g	0g	55mg	10g	<1g	0g	0g	230mg
Traditional Baked Chicken - thigh	122g (1 thigh)	180	100	11g	3g	0g	105mg	20g	<1g	0g	<1g	340mg
Traditional Baked Chicken - wing	58g (1 wing)	80	40	4.5g	1g	0g	40mg	10g	0g	0g	0g	170mg
Wood Seared Salmon	85g (1 piece)	220	140	16g	3g	0g	55mg	19g	0g	0g	0g	280mg