



NUTRITIONAL INFORMATION

At Cotton Patch Cafe, we are not only passionate about our food, we are also committed to the health of our customers. We have many different healthy options to choose from, whether it's a fresh, mixed greens salad, grilled tilapia, or grilled chicken and veggies-we have the delicious items you are looking for!

Please look carefully at our nutritional information, as sides and toppings are listed separately from entrees. This allows our customers some flexibility in creating the healthy meal you are craving. Variations may occur due to portioning at individual restaurants, kitchen procedures and the homemade nature in which the majority of our menu items are created. The nutritional analysis was done using nutrition software versus testing in a laboratory; therefore some element of human error may occur. *Nutritional values may not be available for products in test.

Updated 2/1/18

APPETIZERS	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Bacon Cheese Fries	1790	115	54	0	240	4156	87	15	1	76
Ranch dressing (3 fl. oz.)	330	36	6	0	36	690	0	0	0	0
Bacon Cheese Fries - half	895	57.5	27	0	120	2078	43	7	1	38
Ranch dressing (2 fl. oz.)	220	24	4	0	24	460	0	0	0	0
Cheese Sticks (8)	1567	99	35	0	120	2387	117	5	1	52
Cheese Sticks (4)	784	50	18	0	60	1194	59	2.5	0.5	26
Marinara Sauce (2 fl. oz.)	28	1.5	0	0	0	229	4.6	0	0	0.5
Ranch dressing (2 fl. oz.)	220	24	4	0	24	460	0	0	0	0
Chips and Salsa (4 fl. oz.)	565	21	3	0	0	1552	81	5	4	11
Fried Pickles	730	22	2	0	0	1953	43.5	6	1	10
Ranch dressing (3 fl. oz.)	330	36	6	0	36	690	0	0	0	0
Fried Green Tomatoes (8)	788	9	2	0	0	1953	74	16	10	9
Fried Green Tomatoes (4)	394	5	1	0	0	976.5	37	8	5	5
Avocado Ranch dressing (2 fl. oz.)	258	29	5	0	25	835	2	1	1	1
Jumbo Crispy 'Shrooms	1225	114	20	0	0	2108	34	4	4	10
Jumbo Crispy 'Shrooms - half	612	57	10	0	0	1054	17	2	2	5
Honey Mustard dressing (3 fl. oz.)	501	48	6	0	30	384	12	0.9	12	0.9
Ranch dressing (3 fl. oz.)	330	36	6	0	36	690	0	0	0	0
Onion Strings	830	76	13	0	40	1450	32	2	9	7
Ranch dressing (3 fl. oz.)	330	36	6	0	36	690	0	0	0	0
Queso (6 fl. oz.)	199	16	10	0	50	605	3	1	1	10
Queso w/chips and salsa	764	37	13	0	50	2157	84	6	5	21
Salsa (4 fl. oz.)	40	0	0	0	0	840	4	0	4	0

SOUPS*	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Chicken Tortilla Soup – Cup	80	0.5	0	0	15	760	10	2	5	7
Chicken Tortilla Soup – Bowl	160	1	0	0	30	1520	20	4	10	14
Chicken Tortilla Soup Garnish Set	150	9	3.5	0	15	320	13	3	2	6
CPC Potato Cheese Soup – Cup	335	22	10	1	45	1001	18	2	1	13
CPC Potato Cheese Soup – Bowl	537	34	16	2	60	1586	35	3	3	18
Chicken & Dumplings - Cup	314	13	3	2	40	1530	30	2	2	18
Chicken & Dumplings-Bowl	628	25	5	4	79	3060	60	3	4	36
Crackers	25	0.5	0	0	0	80	5	0	0	1

SALADS *Dressing & Protein not included	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Dinner Salad	111	6	3	0	15	185	11	2	4	6
Caesar Salad-dinner size	55	2	0	0	2	114	8	2	1	3
Chicken Fried Patch Salad (no protein)	458	36	12	0	361	557	17	8	7	26
Cobb Salad (no protein)	510	38	12	0	360	780	19	10	7	26
1/2 Cobb Salad (no protein)	255	19	6	0	180	390	10	5	4	13
Crispy BBQ Chicken Salad (no protein)	678	44	10	3	7	774	63	2	17	0
Grilled Caesar Salad (no protein)	170	8	4	0	20	450	16	5	3	11
Strawberry Pecan Salad (no protein)	330	25	7	0	25	440	18	5	11	10
1/2 Strawberry Pecan Salad (no protein)	165	13	4	0	13	210	9	3	6	5
Tex Mex Salad	376	26	8	1	35	3331	38	15	8	0
add Grilled Chicken	200	11	2	0	70	460	0	0	0	26
add Bayou Shrimp	162	3	1	0	225	1114	0	0	0	32
add Grilled Salmon	272	13	2	0	90	697	2	1	0	35
add Fried Chicken Breast	502	18	4	0	88	1586	47	7	1	43
DRESSINGS, GRAVY, CONDIMENTS	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Avocado Ranch (1 FL oz.)	123	14	2.4	0	11.5	390	1	0.5	0.4	0.4
Bacon Mayo (1 Tbsp)	49	5.5	1	0	5.5	50	0	0	0	0.5
Baja Sauce (2 oz)	261	30	8	0	32	420	1.5	0	0.4	1
Balsamic Vinaigrette Dressing (1 FL oz.)	60	6	1	0	0	260	3	0	2	0
Blue Cheese Dressing (1 FL oz.)	150	16	2.5	0	0	320	1	0.5	1	0
Brown Gravy (1 FL oz.)	148	0	1.5	0	0	16	7	0	15	157
Caesar Dressing (1 FL oz.)	60	6	1	0	20	290	2	0	0	1
Chipotle Mayonnaise (2oz)	390	47	8	0	39	367	0	0	0	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
French Dressing (1.5 FL oz.)	180	15	2.5	0	0	490	12	0	11	0
Honey Mustard Dressing (1 FL oz.)	167	16	2	0	10	128	4	0.3	4	0.3
Light Olive Oil Vinaigrette Dressing (1 FL oz.)	60	6	1	0	0	260	3	0	2	0
Low Fat Ranch (1 FL oz.)	30	0	0	0	0	300	6	0	2	0
Marinara Sauce (2 FL. oz.)	28	1.5	0	0	0	229	4.6	0	0	0.5
Mayonnaise (1 Tbsp)	100	12	2	0	12	60	0	0	0	0
Ranch Dressing (1 FL oz.)	110	12	2	0	12	230	0	0	0	0
Raspberry Walnut Vinaigrette (1 FL oz.)	130	12	0	0	0	90	5	0	5	0
Salsa (2 Tbsp)	10	0	0	0	0	210	1	0	1	0
Spicy Ketchup (1 oz)	30	0	0	0	0	358	8	2	6	0
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Thousand Island Dressing (1 FL oz.)	114	11	1	0	8	186	3	0.3	2.5	0.3

BAKED POTATO TOPPINGS:	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Butter (1 oz.)	189	19	9.5	0	0	221	0	0	0	0
Cheddar Cheese (1/2 oz.)	57	5	3	0	15	88	0	0	0	4
Chopped bacon (1/2 oz.)	77	6	2	0	16	327	0	0	0	5
Sour Cream (1 oz.)	66	7	4	0	13	15	1	0	0	1
GRILLED FAVORITES	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
*Served with choice of 2 sides										
Grilled Cajun Duo (8 shrimp)	513	19	7	0	433	1988	11	2	3	67
Grilled Cajun Duo (4 shrimp)	432	17	6	0	332	1431	11	2	3	51
Seasoned Rice	214	4	1	1	0	136	28	0	0	4
CPC Special Sirloin Steak (6 oz.)	234	11	4	0	93	301	2	1	0	36
CPC Special Sirloin Steak (9 oz.)	351	16	6	0	140	451	3	2	0	54
Steak and Shrimp (6 oz./grilled shrimp)	398	13	5	0	205	851	2	1	0	52
Steak and Shrimp (6oz/garlic herb shrimp)	579	39	13	3	205	3397	3	1	0	51
Steak and Shrimp (6 oz./fried shrimp)	443	26	7	0	136	946	12	1	1.5	43
Steak and Shrimp (9 oz./grilled shrimp)	516	18	7	0	252	1001	3	1	0	70
Steak and Shrimp (9oz./garlic herb shrimp)	696	44	14	3	252	1451	3	1	0	70
Steak and Shrimp (9 oz./fried shrimp)	559	31	9	0	182	1096	13	2	0	61
Bayou Shrimp	240	13	2	0	200	350	0	0	0	26
Seasoned Rice	214	4	1	1	0	136	28	0	0	4
Garlic Herb Shrimp	690	56	19	6	225	2080	2	0	0	30
Seasoned Rice	214	4	1	1	0	136	28	0	0	4
Blackened Tilapia	315	13	2	0	108	1600	5	2	0	43
Blackened Tilapia - Right Size Plate	158	6	1	0	54	800	3	1	0	22
Seasoned Rice	214	4	1	1	0	136	28	0	0	4
Grilled Chicken Breast	306	7	2	0	157	702	0	0	0	57
Grilled Chicken Breast – Right Size Plate	230	5	1.5	0	118	527	0	0	0	43
Seasoned Rice	214	4	1	1	0	136	28	0	0	4
Grilled Pork Chops	562	34	12	0	180	1910	4	0	4	58
Grilled Pork Chops - Right Size Plate	282	17	6	0	90	956	2	0	0	29
Cinnamon Apples (3.5 oz.)	132	0	0	0	0	29	33	1	29	0
Ribeye- 10 ounces	585	22	7	2	180	462	3	1	0	62
NY Strip – 10 oz	606	13	8	2	160	462	3	1	0	63

STEAKHOUSE BURGERS										
*Served with French fries										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Three Cheese Bacon Cheeseburger	1480	109	44	2	275	4020	51	2	10	74
Classic Burger	950	66	23	2	150	2210	44	2	9	39
Texas Fire Burger	1158	86	29.5	2	180	3046	48	3	12	44
Single 7oz Patty	570	49	19	0	150	130	0	0	0	31
*French Fries	400	17	3	0	0	914	55	6	0	6
BURGER TOPPINGS										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	olesterol(n	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
American Cheese (1 slice)	70	6	4	0	20	300	1	0	1	4
Avocado (half)	184	16	4	0	0	4	12	8	4	4
Bacon (2 slices)	90	6	2	0	18	384	0	0	0	6
BBQ Sauce (2 oz.)	210	0	0	0	0	440	30	0	0	0
Cheddar Cheese (1 slice)	80	7	4.5	0	20	300	0	0	0	5
Grilled Onions	217	22	4	6	0	224	4	0	2	0
Jalapenos (1 oz.)	5	1	0	0	0	415	0	0	0	0
Pepper Jack Cheese (1 slice)	90	7	4.5	0	20	150	0	0	0	5
Sautéed Mushrooms (4 oz.)	182	18	3	5	0	183	3	1	1	3
Swiss Cheese (1 slice)	80	6	4	0	20	85	1	0	1	6
BASKETS *served with french fries										
	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Chicken Tenders Basket	502	17	3	0	88	1586	42	7	1	43
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
Chicken Tenders Basket- Tuesday Special (3)	377	13	2	0	66	1190	32	5	1	32
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
Fried Catfish Basket	482	21	4	0	102	1713	38	8	0	35
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Cajun Fried Catfish Basket	602	35	6	0	102	1953	38	8	0	35
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
"Shiner" Fish & Chips	839	60	11	0	99	1473	22	1	0	42
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Fried Shrimp Basket	417	30	5	0	85	1290	21	1	0	13
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1

BASKETS *served with french fries	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Cajun Fried Shrimp Basket	537	44	7	0	85	1530	21	1	0	13
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Steak Fingers Basket	850	40	8	0	116	1248	66	8	0	56
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
*French Fries	400	17	3	0	0	914	55	6	0	6

SANDWICHES	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Avocado Chicken Sandwich	708	49	10	0	161	1645	45	9	6	49
BLT	1520	119	24	1	65	3640	83	9	4	25
BLT - 1/2 sandwich	760	60	12	0.5	33	1820	42	5	2	13
Chicken Fried Chicken Sandwich	1292	62	11	0	110	3827	124	4	11	46
Chicken Fried Tacos	1360	82	20	0	125	3580	106	8	9	43
Chips (1.5 oz.)	157.5	6.3	1	0	0	475	23	1.5	0	3.3
Queso (3 fl oz)	100	8	5	0	25	303	1.5	0.5	0.5	0.5
Salsa (2 fl oz)	20	0	36	0	0	420	2	0	2	0
Chicken Fried Tacos-Taco Thursday (2)	906	55	13	0	83	2384	71	5	6	29
Chips (1.5 oz.)	158	6	1	0	0	475	23	1.5	0	3.3
Queso (3 fl oz)	100	8	5	0	25	303	1.5	0.5	0.5	0.5
Salsa (2 fl oz)	20	0	36	0	0	420	2	0	2	0
Chicken Quesadilla	810	37	18	0	163	3021	62	2	8	52
Sour Cream (1 Tbsp)	26	2.6	1.6	0	5	6	0.5	0	0	.4
Salsa (2 Tbsp)	10	0	0	0	0	210	1	0	1	0
Chicken Quesadilla - half	386	17	9	0	72	1467	31	1	4	23
Sour Cream (1 Tbsp)	26	2.6	1.6	0	5	6	0.5	0	0	.4
Salsa (2 Tbsp)	10	0	0	0	0	210	1	0	1	0
Turkey Club	1019	63	17	4	98	2191	80	11	15	43
Turkey Club-Half	509	32	9	2	49	1096	40	5.5	7.5	21.5
Baja Fish Tacos	510	43	11	3	90	2920	10	3	4	25
Chips (1.5 oz.)	157.5	6.3	1	0	0	475	23	1.5	0	3.3
Queso (3 fl oz)	100	8	5	0	25	303	1.5	0.5	0.5	0.5
Salsa (2 fl oz)	20	0	36	0	0	420	2	0	2	0
Triple Grilled Cheese	1090	86	23	0	65	2210	58	5	4	22
*French Fries	400	17	3	0	0	914	55	6	0	6

TRADITIONAL FAVORITES*	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(c)	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
"Super Combo" Fish & Shrimp (8)	899	79	9	0	187	3003	48	9	0	48
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
"Super Combo" Fish & Shrimp (4)	691	36	6	0	145	2358	49	9	0	42
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Cajun "Super Combo" Fish & Shrimp (8)	1019	93	11	0	187	3243	48	9	0	48
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Cajun "Super Combo" Fish & Shrimp (4)	811	50	8	0	145	2598	49	9	0	42
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Fried Shrimp	417	30	5	0	85	1290	21	1	0	13
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Cajun Fried Shrimp	537	44	7	0	85	1530	21	1	0	13
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
Cocktail Sauce (2 FL oz.)	60	0	0	0	0	690	15	0	11	1
Meatloaf	763	49	18	3	246	2006	32	4	14	48
Meatloaf - Right Size Plate	394	24	9	1	123	1285	19	3	9	25
Crispy Fried Catfish	482	21	4	0	102	1713	38	8	0	35
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1

TRADITIONAL FAVORITES*	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Cajun Crispy Fried Catfish	602	35	6	0	102	1953	38	8	0	35
Tartar Sauce (1 FL oz.)	190	19	2.5	0	15	250	2	0	2	0
French Fries	400	17	3	0	0	914	55	6	0	6
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Chicken Fried Chicken	549	21	4	0	179	1380	36	5	0	52
Cream Gravy (4 FL oz.)	80	4	1	2	0	640	10	0	4	0
Chicken Fried Chicken - Right Size Plate	275	11	2	0	90	690	18	3	0	26
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
Chicken Fried Steak	850	40	8	0	116	1248	66	8	0	56
Cream Gravy (4 FL oz.)	80	4	1	2	0	640	10	0	4	0
Chicken Fried Steak - Right Size Plate	425	20	4	0	58	624	33	4	0	28
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
Chicken Tenders Plate	502	17	3	0	88	1586	42	7	1	43
Cream Gravy (2 FL oz.)	40	2	0.5	1	0	320	5	0	2	0
Vegetable Plate										
Trailblazer	792	63	24	5	191	2099	5	1	1	48
Chicken & Dumplings	628	25	5	4	79	3060	60	3	4	36

LIGHTER PLATE ITEMS	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	olesterol(n	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Grilled Tilapia	158	6	2	0	54	800	3	1	0	22
Grilled Salmon	272	13	2	0	90	697	2	1	0	35
Grilled Chicken	306	7	2	0	157	702	0	0	0	57
Seasoned rice	214	4	1	1	0	136	28	0	0	4
Skinny Steamed Vegetables	41	0	0	0	0	43	8	1	3	3

SPECIALS OF THE DAY*	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Beef Tips & Rice	673	28	9	2	116	663	45	1	2	43
Smothered Chopped Steak	620	50	15	6	120	2610	9	1	2	32
Chicken Spaghetti	853	33	16	2	212	2171	52	4	6	68
King Ranch Chicken	820	58	25	2.5	195	2120	28	3	5	46
Roasted Turkey	210	9	3	0	75	900	2	0	2	30
Sunday Dressing (4 oz)	239	12	3	3	32	312	35	1	12	6
Turkey Gravy (2 oz)	116	9	2	2	2	392	6	0	0	1
Cranberry Sauce (1 oz)	55	0	0	0	0	5	13	0	11	0
*See Sides										

KIDS MENU	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	olesterol(n	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Banana Sundae	90	2	1	0	5	15	18	2	12	1
Cheeseburger	448	24	10	1	77	1342	34	2	3	23
Cheesy Broccoli	45	1.5	0.5	0	0	50	6	0	0	4
Chicken Strip Dinner	612	37	7	0	54	1619	41	2	1	23
Corn Dog	493	41	9	0	15	682	23	1	5	6
Garlic Mashed Potatoes	80	2.5	0.5	0.5	0	95	12	1	1	2
Grilled Cheese	246	13	8	0	40	872	22	1	4	11
Grilled Chicken Tenders	150	3.5	2	0	80	70	0	0	0	29
Hamburger	378	18	6	1	57	1042	33	2	2	19
Hamburger Steak	436	35	16	2	119	1585	1	0	0	29
Macaroni & Cheese	312	16	10	0	54	868	26	0	4	14
Oreos (2)	100	4.5	1	0	0	105	16	0.5	9	1
Salad – kid size (no dressing)	45	0.5	0	0	0	200	9	1	3	1
Silly String	180	3	0	0	0	530	32	1	8	8
Steak Finger Dinner	246	17	4	0	24	454	10	0	0	10

SIDES	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Baked Potato (no toppings)	309	3	1	0	0	2354	64	8	3	7
Baked Squash/Squash Casserole	178	7	2	1	34	306	25	3	14	5
Black-Eyed Peas	150	9	3	0	17	913	11	2	1	7
Broccoli Rice Casserole	175	8	4	0	21	686	15	1	1	6
Corn Muffin	255	7	2	0	0	629	46	17	3	2
Dinner Roll (1 roll per serving)	201	9	2	2	0	336	26	1	4	4
French Fries	400	17	3	0	0	914	55	6	0	6
Fried Okra	401	29	5	0	0	739	29	5	3	5
Fruit cup (3.5 oz.)	40	0	0	0	0	5	10	2	8	1
Garlic Mashed Potatoes (4 oz.)	103	3	1	1	2	118	16	2	2	2
Green Beans	38	2	1	0	3	576	5	2	1	1
Hot Cinnamon Apples	132	0	0	0	0	29	33	1	29	0
Hushpuppies (2)	218	18	1	0	0	184	7	0	1	1
Loaded Baked Potato	698	39	20	1	43	3006	66	8	3	17
Loaded Mashed Potatoes	571	39	18	1	63	907	34	3	3	18
Macaroni and Cheese	156	8	5	0	27	434	13	0	2	7
Rice for Specials	205	4	1	1	0	130	27	0	0	4
Sautéed Mushrooms	182	18	3	5	0	183	3	1	1	3
Seasoned Rice	214	4	1	1	0	136	28	0	0	4
Skillet Cornbread (whole)	684	24	8	0	58	2033	106	2	43	14
Honey Butter (0.5 oz)	92	9	5	0	23	77	4	0	4	0
Skinny Steamed Vegetables	41	0	0	0	0	43	8	1	3	3
Steamed Broccoli	138	11	2	3	0	273	7	0	0	4
Steamed Vegetables	203	18	3	5	0	430	8	1	3	3
Sweet Potato Fries	805	60	10	0	0	945	69	5	40	3
Sweet Potato Casserole	340	5	1	1	51	116	70	7	19	5
Whole Kernel Corn	109	2	0	0	0	449	23	2	7	3

DESSERTS	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
(nutritional information does not include ice cream)										
Peach Cobbler	534	16	7	0	0	357	94	0	62	4
Blackberry Cobbler	467	11	4	0	0	245	87	7	56	4
Dr. Pepper® Chocolate Cake	686	25	9	1	47	289	98	3	85	5
Mama's Special Butter Cake	890	32	19	0	170	880	137	0	102	8
Chocolate Cream Pie	810	44	23	0	250	330	92	3	68	9
Vanilla Ice Cream	160	8	6	0	35	70	20	0	19	4

BEVERAGES	Calories	Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterc	Sod(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Prot(g)
Root Beer (12 FL oz.)	160	0	0	0	0	70	45	0	45	0
Coke (12 FL oz.)	140	0	0	0	0	45	39	0	39	0
Diet Coke (12 FL oz.)	0	0	0	0	0	40	0	0	0	0
Dr. Pepper (12 FL oz.)	150	0	0	0	0	52.5	40.5	0	40.5	0
Flavored Iced Tea (12 oz)	75	0	0	0	0	0	19	0	19	0
Flavored Sweet Tea (12 oz)	269	0	0	0	0	0	69	0	69	0
Handcrafted Lemonade	83	0	0	0	0	10.5	21	0	21	0
Handcrafted Strawberry Lemonade	106	0	0	0	0	17	27	0.2	26.5	0
Juicy Juice Apple Juice (1 carton)	100	0	0	0	0	15	24	0	22	0
Lemonade (12 FL oz.)	145	0	0	0	0	61.5	39	0	4.5	0
Luzianne Tea (12 FL oz.)	0	0	0	0	0	0	0	0	0	0
Nesquick Chocolate Milk (12 FL oz.)	230	8	5	0	30	140	31	1	29	8
Root Beer Float	261	8	6	0	35	102	46	0	45	4
Sprite (12 FL oz.)	140	0	0	0	0	65	38	0	38	0
Sweet Tea (12 oz.)	194	0	0	0	0	0	50	0	50	0
Whole Milk (12 FL oz.)	220.5	12.15	6.9	0	36	147	19.5	0	19.5	12