



# NUTRITION GUIDE

# CATERING

This information is applicable as of 2/25/19

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"Sunrise Sampler," "Grandpa's Country Fried Breakfast," "The Cracker Barrel's Country Boy Breakfast," "Smokehouse Breakfast," "Wholesome Fixin's," "Uncle Herschel's Favorite," "Momma's French Toast Breakfast," "Sunday Homestyle Chicken", "Momma's Pancake Breakfast," and "Cracker Barrel," are service marks/trademarks of CBOCS Properties, Inc. ©2019 CBOCS Properties, Inc.



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| Breakfast Bundles (Serves 6)   |   | 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) |
|--|---|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| Cracker Barrel Classic: grits, sawmill gravy, and biscuits   | total   | 3830 | 1550          | 172           | 60           | 1.5           | 95            | 7350        | 479              | 7           | 49          | 89          |
|  | per serving   | 640  | 260           | 29            | 10           | 0             | 15            | 1220        | 80               | 1           | 8           | 15          |
| plus choice of casserole   | Egg n' Hashbrown Casserole with Bacon (total)           | 2380 | 1430          | 159           | 78           | 1.5           | 1590          | 3650        | 95               | 8           | 16          | 139         |
|  | per serving   | 400  | 240           | 27            | 13           | 0             | 265           | 610         | 16               | 1           | 3           | 23          |
|  | Egg n' Hashbrown Casserole with Smoked Sausage (total)  | 2580 | 1580          | 176           | 84           | 1.5           | 1650          | 3820        | 98               | 8           | 16          | 147         |
|  | per serving   | 430  | 260           | 29            | 14           | 0             | 275           | 640         | 16               | 1           | 3           | 25          |
|  | Egg n' Hashbrown Casserole with Sugar Cured Ham (total) | 2260 | 1310          | 145           | 73           | 2             | 1590          | 3870        | 96               | 9           | 17          | 140         |
|  | per serving   | 380  | 220           | 24            | 12           | 0             | 265           | 650         | 16               | 1           | 3           | 23          |
|  | Veggie Casserole (total)                                | 2240 | 1260          | 140           | 67           | 1.5           | 1505          | 4530        | 134              | 5           | 31          | 121         |
| per serving  | 370   | 210  | 23            | 11            | 0            | 250           | 760           | 22          | less than 1      | 5           | 20          |             |
| plus choice of side  | Fried Apples (total)                                    | 1030 | 120           | 13            | 4.5          | 0             | less than 5   | 260         | 222              | 33          | 156         | 3           |
|  | per serving   | 170  | 20            | 2             | 1            | 0             | less than 1   | 40          | 37               | 6           | 26          | less than 1 |
|  | Hashbrown Casserole (total)                             | 1150 | 450           | 50            | 19           | 0             | 65            | 2110        | 146              | 15          | 3           | 31          |
| per serving  | 190   | 80   | 8             | 3             | 0            | 10            | 350           | 24          | 3                | less than 1 | 5           |             |
| plus choice of meat  | Turkey Sausage (each)                                   | 50   | 25            | 3             | 1            | 0             | 30            | 230         | less than 1      | 0           | 0           | 7           |
|  | Thick-Sliced Bacon (each)                               | 70   | 50            | 6             | 2            | 0             | 15            | 150         | 0                | 0           | 0           | 5           |
| Available with   | Smoked Sausage Patties (each)                           | 120  | 90            | 10            | 4            | 0             | 30            | 200         | less than 1      | 0           | 0           | 7           |
|  | Wild Maine Blueberry Muffins: 6 muffins (each)          | 140  | 50            | 5             | 1            | 0             | 30            | 150         | 21               | 1           | 12          | 2           |
| <b>Fresh Start: create your own oatmeal bar, fresh seasonal fruit, yogurt n' granola, blueberry muffins:</b> |   |      |               |               |              |               |               |             |                  |             |             |             |
| Apple n' Cinnamon Oatmeal  | total   | 1140 | 180           | 20            | 6            | 1             | 20            | 960         | 212              | 20          | 51          | 30          |
|  | per serving   | 190  | 30            | 4             | 1            | 0             | less than 5   | 160         | 36               | 3           | 9           | 5           |
| comes with choice of toppings  | Fuji Apple Topping (total)                              | 400  | 0             | 0             | 0            | 0             | 0             | 280         | 102              | 10          | 90          | 0           |
|  | per serving   | 70   | 0             | 0             | 0            | 0             | 0             | 50          | 17               | 2           | 15          | 0           |
|  | Pecans (total)  | 390  | 370           | 41            | 4            | 0             | 0             | 0           | 8                | 5           | 2           | 5           |
|  | per serving   | 70   | 60            | 7             | 1            | 0             | 0             | 0           | 1                | less than 1 | less than 1 | less than 1 |
|  | Reduced-fat Milk (carton)                               | 130  | 45            | 5             | 3            | 0             | 20            | 130         | 12               | 0           | 12          | 8           |
| per serving  | 20  | 10   | 1             | 1             | 0            | less than 5   | 20            | 2           | 0                | 2           | 1           |             |
| Fresh Seasonal Fruit   | total   | 250  | 10            | 1             | 0            | 0             | 0             | 0           | 63               | 12          | 43          | 4           |
|  | per serving   | 40   | 0             | 0             | 0            | 0             | 0             | 0           | 11               | 2           | 7           | 1           |
| Yogurt n' Granola: low-fat vanilla yogurt with honey oats, almonds, and dried fruit granola                  | low-fat vanilla yogurt (total)                          | 820  | 70            | 7             | 4.5          | 0             | 35            | 400         | 162              | 0           | 139         | 25          |
|  | per serving   | 140  | 10            | 1             | 1            | 0             | 5             | 70          | 27               | 0           | 23          | 4           |
|  | Granola (total)   | 1020 | 350           | 39            | 5            | 0             | 0             | 105         | 149              | 16          |             | 23          |
| per serving  | 170   | 60   | 7             | 1             | 0            | 0             | 20            | 25          | 3                | 11          | 4           |             |
| Wild Maine Blueberry Muffins: 6 muffins  | each  | 140  | 50            | 5             | 1            | 0             | 30            | 150         | 21               | 1           | 12          | 2           |
| <b>Four Layer Breakfast Bowls: breakfast bowls, fresh seasonal fruit, and biscuits:</b>                      |   |      |               |               |              |               |               |             |                  |             |             |             |
| Four Layer Breakfast Bowl with Bacon: 6 each   | each  | 450  | 250           | 28            | 13           | 0.0           | 60            | 840         | 31               | 3           | 3           | 19          |
| Four Layer Breakfast Bowl with Smoked Sausage: 6 each  | each  | 500  | 290           | 32            | 15           | 0.0           | 75            | 880         | 32               | 3           | 3           | 21          |
| Four Layer Breakfast Bowl with Turkey Sausage: 6 each  | each  | 440  | 230           | 25            | 12           | 0.0           | 70            | 910         | 32               | 3           | 3           | 21          |
| Four Layer Breakfast Bowl with Sugar Cured Ham: 6 each   | each  | 440  | 220           | 25            | 12           | 0.0           | 60            | 1250        | 32               | 3           | 3           | 22          |
| Fresh Seasonal Fruit   | total   | 250  | 10            | 1             | 0            | 0             | 0             | 0           | 63               | 12          | 43          | 4           |
|  | per serving   | 40   | 0             | 0             | 0            | 0             | 0             | 0           | 11               | 2           | 7           | 1           |
| Dozen Signature Homemade Biscuits  | Biscuit (each)  | 160  | 50            | 6             | 2            | 0             | 0             | 310         | 23               | less than 1 | 1           | 3           |



| <b>Breakfast Bundles Cont. (Serves 6)</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>Grab n' Go:</b> choose either Meat Biscuits or Egg Sandwiches, plus choice of side and meat:   |                                   |      |               |               |              |               |               |             |                  |             |             |             |
| choice of meat biscuit  | Smoked Sausage (each)             | 280  | 140           | 16            | 6            | 0             | 30            | 510         | 24               | 0           | 1           | 10          |
|   | Turkey Sausage (each)             | 210  | 80            | 9             | 3            | 0             | 30            | 540         | 23               | less than 1 | 1           | 10          |
|   | Sugar Ham (each)                  | 210  | 70            | 8             | 3            | 0             | 20            | 670         | 24               | less than 1 | 2           | 11          |
|   | Country Ham (each)                | 240  | 90            | 10            | 4            | 0             | 30            | 810         | 25               | less than 1 | 1           | 13          |
|   | Fried Chicken Tenderloin (each)   | 260  | 110           | 12            | 4            | 0             | 15            | 590         | 30               | 3           | 1           | 9           |
| or choice of  | Egg Sandwich (each)               | 370  | 120           | 14            | 4            | 0             | 385           | 320         | 44               | 3           | 7           | 20          |
|   | Chicken n' Waffle Sandwich (each) | 510  | 260           | 29            | 8            | 0             | 50            | 870         | 47               | 2           | 16          | 17          |
| plus choice of side   | Fried Apples (total)              | 1030 | 120           | 14            | 4            | 1             | less than 5   | 260         | 223              | 33          | 157         | 3           |
|   | Hashbrown Casserole (total)       | 1150 | 450           | 50            | 19           | 0             | 65            | 2110        | 146              | 15          | 3           | 31          |
| plus choice of meat side  | Turkey Sausage (each)             | 50   | 25            | 3             | 1            | 0             | 30            | 230         | less than 1      | 0           | 0           | 7           |
|   | Thick-Sliced Bacon (each)         | 70   | 50            | 6             | 2            | 0             | 15            | 150         | 0                | 0           | 0           | 5           |
|   | Smoked Sausage Patties (each)     | 120  | 90            | 10            | 4            | 0             | 30            | 200         | less than 1      | 0           | 0           | 7           |
| <b>Homestyle Continental:</b> cinnamon drop biscuits, blueberry muffins, biscuits, butter, jam, gravy, and paired with fresh seasonal fruit and coffee: |                                   |      |               |               |              |               |               |             |                  |             |             |             |
| Cinnamon Drop Biscuits: 6 biscuits  | each                              | 310  | 120           | 13            | 7            | 0.0           | 15            | 370         | 45               | 2           | 25          | 4           |
| Wild Maine Blueberry Muffins: 6 muffins   | each                              | 140  | 50            | 5             | 1            | 0             | 30            | 150         | 21               | 1           | 12          | 2           |
| Buttermilk Biscuits: Dozen  | each                              | 160  | 50            | 6             | 2            | 0.0           | 0             | 310         | 23               | less than 1 | 1           | 3           |
| Sawmill Gravy   | total                             | 1280 | 750           | 83            | 33           | 1.0           | 90            | 2600        | 95               | 4           | 35          | 37          |
|   | per serving                       | 210  | 130           | 14            | 6            | 0             | 15            | 430         | 16               | 1           | 6           | 6           |
| Fresh Seasonal Fruit  | total                             | 250  | 10            | 1             | 0            | 0.0           | 0             | 0           | 63               | 12          | 43          | 4           |
|   | per serving                       | 40   | 0             | 0             | 0            | 0             | 0             | 0           | 11               | 2           | 7           | 1           |
| Coffee (gallon)   | total                             | 0    | 0             | 0             | 0            | 0.0           | 0             | 60          | 0                | 0           | 0           | 3           |
| <b>Four Layer Breakfast Bowls</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) |
| Four Layer Breakfast Bowl with Bacon: 6 each  | each                              | 450  | 250           | 28            | 13           | 0.0           | 60            | 840         | 31               | 3           | 3           | 19          |
| Four Layer Breakfast Bowl with Smoked Sausage: 6 each   | each                              | 500  | 290           | 32            | 15           | 0.0           | 75            | 880         | 32               | 3           | 3           | 21          |
| Four Layer Breakfast Bowl with Turkey Sausage: 6 each   | each                              | 440  | 230           | 25            | 12           | 0.0           | 70            | 910         | 32               | 3           | 3           | 21          |
| Four Layer Breakfast Bowl with Sugar Cured Ham: 6 each  | each                              | 440  | 220           | 25            | 12           | 0.0           | 60            | 1250        | 32               | 3           | 3           | 22          |
| <b>Meat Biscuits (Dozen)</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) |
| Smoked Sausage  | each                              | 280  | 140           | 16            | 6            | 0             | 30            | 510         | 24               | 0           | 1           | 10          |
| Turkey Sausage  | each                              | 210  | 80            | 9             | 3            | 0             | 30            | 540         | 23               | less than 1 | 1           | 10          |
| Sugar Ham   | each                              | 210  | 70            | 8             | 3            | 0             | 20            | 670         | 24               | less than 1 | 2           | 11          |
| Country Ham   | each                              | 240  | 90            | 10            | 4            | 0             | 30            | 810         | 25               | less than 1 | 1           | 13          |
| Fried Chicken Tenderloins   | each                              | 260  | 110           | 12            | 4            | 0             | 15            | 590         | 30               | 3           | 1           | 9           |
| <b>Eggs n' Meat (Serves 6)</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) |
| Scrambled Eggs  | total                             | 1320 | 770           | 86            | 28           | 0             | 3465          | 1340        | 15               | 4           | 5           | 122         |
|   | per serving                       | 220  | 130           | 14            | 5            | 0             | 575           | 220         | 3                | less than 1 | less than 1 | 20          |
| Thick Sliced Bacon: 18 slices   | each                              | 70   | 50            | 6             | 2            | 0             | 15            | 150         | 0                | 0           | 0           | 5           |
| Smoked Sausage Patties: 12 patties  | each                              | 120  | 90            | 10            | 4            | 0             | 30            | 200         | less than 1      | 0           | 0           | 7           |
| Turkey Sausage: 12 patties  | each                              | 50   | 25            | 3             | 1            | 0             | 30            | 230         | less than 1      | 0           | 0           | 7           |
| Sugar Cured Ham: 6 slices   | each                              | 180  | 0             | 7             | 3            | 0             | 55            | 1180        | 4                | less than 1 | 2           | 24          |
| Country Ham: 6 slices   | each                              | 270  | 120           | 13            | 5            | 0             | 95            | 1680        | 6                | 1           | 0           | 33          |



| Casseroles (Serves 6)   |                                | 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 Bacon   | total                          | 2380 | 1430          | 159           | 78           | 1.5           | 1590          | 3650        | 95               | 8           | 16          | 139         |
|   | per serving                    | 400  | 240           | 27            | 13           | 0             | 265           | 610         | 16               | 1           | 3           | 23          |
| Egg n' Hashbrown Casserole with Smoked Sausage  | total                          | 2580 | 1580          | 176           | 84           | 1.5           | 1650          | 3820        | 98               | 8           | 16          | 147         |
|   | per serving                    | 430  | 260           | 29            | 14           | 0             | 275           | 640         | 16               | 1           | 3           | 25          |
| Egg n' Hashbrown Casserole with Sugar Cured Ham   | total                          | 2260 | 1310          | 145           | 73           | 2             | 1590          | 3870        | 96               | 9           | 17          | 140         |
|   | per serving                    | 380  | 220           | 24            | 12           | 0             | 265           | 650         | 16               | 1           | 3           | 23          |
| Veggie Casserole  | total                          | 2240 | 1260          | 140           | 67           | 1.5           | 1505          | 4530        | 134              | 5           | 31          | 121         |
|   | per serving                    | 370  | 210           | 23            | 11           | 0             | 250           | 760         | 22               | less than 1 | 5           | 20          |
| Handcrafted Breakfast Sandwiches (Serves 6)   |                                | 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 Sandwich: 6 each  | each                           | 370  | 120           | 14            | 4            | 0             | 385           | 320         | 44               | 3           | 7           | 20          |
| Chicken n' Waffle Sandwich: 6 each  | each                           | 510  | 260           | 29            | 8            | 0             | 50            | 870         | 47               | 2           | 16          | 17          |
| Fresh Favorites n' Griddle Classics (Serves 6)  |                                | 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) |
| Yogurt n' Granola: low-fat vanilla yogurt with honey oats, almonds, and dried fruit granola | low-fat vanilla yogurt (total) | 820  | 70            | 7             | 4.5          | 0             | 35            | 400         | 162              | 0           | 139         | 25          |
|   | per serving                    | 140  | 10            | 1             | 1            | 0             | 5             | 70          | 27               | 0           | 23          | 4           |
|   | Granola (total)                | 1020 | 350           | 39            | 5            | 0             | 0             | 105         | 149              | 16          | 64          | 23          |
|   | per serving                    | 170  | 60            | 7             | 1            | 0             | 0             | 20          | 25               | 3           | 11          | 4           |
| Create your own Oatmeal Bar: Apple n' Cinnamon Oatmeal                                      | total                          | 1140 | 180           | 20            | 6            | 1             | 20            | 960         | 212              | 20          | 51          | 30          |
|   | per serving                    | 190  | 30            | 4             | 1            | 0             | less than 5   | 160         | 36               | 3           | 9           | 5           |
| comes with choice of toppings   | Fuji Apple Topping (total)     | 400  | 0             | 0             | 0            | 0             | 0             | 280         | 102              | 10          | 90          | 0           |
|   | per serving                    | 70   | 0             | 0             | 0            | 0             | 0             | 50          | 17               | 2           | 15          | 0           |
|   | Pecans (total)                 | 390  | 370           | 41            | 4            | 0             | 0             | 0           | 8                | 5           | 2           | 5           |
|   | per serving                    | 70   | 60            | 7             | 1            | 0             | 0             | 0           | 1                | less than 1 | less than 1 | less than 1 |
|   | Reduced-fat Milk (carton)      | 130  | 45            | 5             | 3            | 0             | 20            | 130         | 12               | 0           | 12          | 8           |
|   | per serving                    | 20   | 10            | 1             | 1            | 0             | less than 5   | 20          | 2                | 0           | 2           | 1           |
| Fresh Apple Slices  | total                          | 430  | 0             | 0             | 0            | 0             | 0             | 0           | 113              | 17          | 84          | 3           |
|   | per serving                    | 70   | 0             | 0             | 0            | 0             | 0             | 0           | 19               | 3           | 14          | less than 1 |
| Fresh Seasonal Fruit  | total                          | 500  | 10            | 1             | 0            | 0             | 0             | 0           | 63               | 12          | 43          | 4           |
|   | per serving                    | 80   | 0             | 0             | 0            | 0             | 0             | 0           | 10               | 1           | 7           | less than 1 |
| Sliced Tomatoes   | total                          | 15   | 0             | 0             | 0            | 0             | 0             | 0           | 3                | 1           | 2           | less than 1 |
|   | each                           | 0    | 0             | 0             | 0            | 0             | 0             | 0           | 0                | 0           | 0           | 0           |
| Dozen Buttermilk Pancakes: 12 pancakes  | each                           | 210  | 50            | 6             | 1            | 0             | 5             | 670         | 36               | 2           | 3           | 4           |
| Dozen Slices of French Toast: 12 slices   | each                           | 190  | 70            | 8             | 2            | 0             | 85            | 170         | 22               | 1           | 3           | 6           |
| Everyday Extras (Serves 6)  |                                | 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) |
| Signature Homemade Biscuits and Sawmill Gravy   | Biscuit (each)                 | 160  | 50            | 6             | 2            | 0             | 0             | 310         | 23               | less than 1 | 1           | 3           |
|   | Sawmill Gravy (total)          | 1280 | 750           | 83            | 33           | 1             | 90            | 2600        | 95               | 4           | 35          | 37          |
|   | per serving                    | 210  | 130           | 14            | 6            | 0             | 15            | 430         | 16               | 1           | 6           | 6           |
| Cinnamon Drop Biscuits: 6 biscuits  | each                           | 310  | 120           | 13            | 7            | 0             | 15            | 370         | 45               | 2           | 25          | 4           |
| Wild Maine Blueberry Muffins: 6 muffins   | each                           | 140  | 50            | 5             | 1            | 0             | 30            | 150         | 21               | 1           | 12          | 2           |
| Hashbrown Casserole: quart  | total                          | 1150 | 450           | 50            | 19           | 0             | 65            | 2110        | 146              | 15          | 3           | 31          |
|   | per serving                    | 190  | 70            | 8             | 3            | 0             | 10            | 350         | 24               | 2           | 0           | 5           |
| Fried Apples: quart   | total                          | 1030 | 120           | 13            | 4.5          | 0             | less than 5   | 260         | 222              | 33          | 156         | 3           |
|   | per serving                    | 170  | 20            | 2             | 1            | 0             | 0             | 45          | 37               | 6           | 26          | less than 1 |
| Coarse Ground Grits: quart  | total                          | 650  | 160           | 17            | 2.5          | 0             | 0             | 1010        | 111              | 2           | less than 1 | 12          |
|   | per serving                    | 110  | 25            | 3             | 0            | 0             | 0             | 170         | 18               | 0           | 0           | 2           |
| Sawmill Gravy: quart  | total                          | 1280 | 750           | 83            | 33           | 1             | 90            | 2600        | 95               | 4           | 35          | 37          |
|   | per serving                    | 210  | 120           | 14            | 6            | 0             | 15            | 430         | 16               | less than 1 | 6           | 6           |



| Lunch - Dinner  |                      |       |               |               |              |               |               |             |                  |             |             |             |
|---|----------------------|-------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| Country Salads (Serves 6)   |                      | 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) |
| All Country Salads come with choice of two pints of Salad Dressing: see (below) for nutritional information   |                      |       |               |               |              |               |               |             |                  |             |             |             |
| Fried Chicken Tenderloin Salad  | total                | 5380  | 2880          | 320           | 130          | 0             | 1820          | 11360       | 323              | 87          | 51          | 298         |
|   | per serving          | 900   | 480           | 53            | 22           | 0             | 300           | 1890        | 54               | 15          | 9           | 50          |
| Grilled Chicken Tenderloin Salad  | total                | 3790  | 1870          | 208           | 98           | 0             | 1900          | 8000        | 174              | 31          | 75          | 304         |
|   | per serving          | 630   | 310           | 35            | 16           | 0             | 320           | 1330        | 29               | 5           | 13          | 51          |
| Country Chef Salad  | total                | 3740  | 2040          | 227           | 94           | 1             | 1770          | 9480        | 161              | 37          | 56          | 268         |
|   | per serving          | 620   | 340           | 38            | 16           | 0             | 295           | 1580        | 27               | 6           | 9           | 45          |
| 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                | 1120  | 780           | 86            | 13           | 1.5           | 0             | 3010        | 84               | 2           | 77          | 1           |
| Blue Cheese   | total                | 2000  | 1850          | 206           | 44           | 3.5           | 295           | 5000        | 19               | 3           | 15          | 18          |
| Buttermilk Caesar   | total                | 1810  | 1680          | 187           | 32           | 3             | 185           | 4930        | 17               | 4           | 8           | 16          |
| Buttermilk Ranch  | total                | 1530  | 1430          | 159           | 25           | 2.5           | 130           | 3380        | 19               | 2           | 13          | 7           |
| Honey French  | total                | 2050  | 1440          | 160           | 24           | 2.5           | 0             | 3410        | 151              | 3           | 144         | 2           |
| Honey Mustard   | total                | 1780  | 1510          | 168           | 25           | 2.5           | 135           | 3180        | 65               | 3           | 58          | 5           |
| Thousand Island   | total                | 1940  | 1600          | 178           | 28           | 2.5           | 175           | 2900        | 80               | 3           | 73          | 6           |
| Fat-Free Italian  | total                | 180   | 0             | 0             | 0            | 0             | 0             | 4200        | 48               | 0           | 36          | 0           |
| Fancy Fixin's (Serves 6)  |                      | 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) |
| All Fancy Fixin's come with choice of three quart-sized sides from Sides a la Carte and choice of bread: see (page 17 and 18) for nutritional information |                      |       |               |               |              |               |               |             |                  |             |             |             |
| Chicken Fried Chicken: 6 each   | each                 | 510   | 300           | 34            | 4            | 0             | 60            | 1010        | 17               | 2           | 0           | 35          |
|   | total                | 480   | 280           | 31            | 12           | 0             | 35            | 970         | 36               | 2           | 13          | 14          |
|   | per serving          | 80    | 50            | 5             | 2            | 0             | 10            | 160         | 6                | 0           | 2           | 2           |
| Country Fried Steak: 6 each   | each                 | 520   | 210           | 23            | 5            | 0             | 60            | 1250        | 44               | 1           | 0           | 35          |
|   | total                | 480   | 280           | 31            | 12           | 0             | 35            | 970         | 36               | 2           | 13          | 14          |
|   | per serving          | 80    | 50            | 5             | 2            | 0             | 10            | 160         | 6                | 0           | 2           | 2           |
| Country Ham: 6 slices   | each                 | 270   | 120           | 13            | 5            | 0             | 95            | 1680        | 6                | 1           | 0           | 33          |
| Fried Catfish: 6 each   | each                 | 250   | 160           | 18            | 5            | 0             | 50            | 470         | 6                | 1           | 0           | 10          |
|   | Hushpuppies: 12 each | each  | 50            | 20            | 3            | 0             | 0             | 115         | 7                | 0           | less than 1 | less than 1 |
|   | Tartar Sauce: 1 pint | total | 1680          | 1550          | 172          | 26            | 3             | 70          | 1260             | 30          | less than 1 | 28          |
| Fried Chicken Tenderloins: 24 each  | each                 | 100   | 50            | 6             | 2            | 0             | 15            | 280         | 7                | 3           | 0           | 6           |
| Grilled Chicken Tenderloins: 24 each  | each                 | 40    | 10            | 1             | 0            | 0             | 15            | 140         | 1                | 0           | 1           | 6           |
| Homemade Chicken n' Dumplins  | total                | 1830  | 340           | 38            | 13           | 1             | 460           | 6270        | 212              | 17          | 3           | 170         |
|   | per serving          | 300   | 60            | 6             | 2            | 0             | 75            | 1040        | 35               | 3           | 0           | 28          |
| Homestyle Chicken (Sunday Only)   | total                | 4040  | 2470          | 275           | 56           | 0             | 540           | 9620        | 195              | 17          | 5           | 199         |
|   | per serving          | 670   | 410           | 46            | 9            | 0             | 90            | 1600        | 32               | 3           | less than 1 | 33          |
| Meatloaf: 6 slices  | each                 | 520   | 310           | 35            | 14           | 0             | 140           | 930         | 17               | 2           | 5           | 35          |
| Mushroom, Onion n' Swiss Chopped Steak  | total                | 3940  | 2720          | 304           | 125          | 1             | 705           | 5050        | 67               | 10          | 21          | 243         |
|   | per serving          | 660   | 450           | 51            | 21           | 0             | 120           | 840         | 11               | 2           | 4           | 41          |
| Roast Beef  | total                | 2880  | 1560          | 173           | 71           | 6             | 795           | 4680        | 63               | 0           | 0           | 268         |
|   | per serving          | 480   | 260           | 29            | 12           | 1             | 135           | 780         | 10               | 0           | 0           | 45          |
| Smoky Southern Grilled Chicken Breast: with steamed broccoli  | total                | 970   | 140           | 16            | 5            | 1             | 525           | 2540        | 26               | 11          | 6           | 183         |
|   | per serving          | 160   | 25            | 3             | 1            | 0             | 85            | 420         | 4                | 2           | 1           | 30          |
| Sugar Cured Ham: 6 slices   | each                 | 180   | 60            | 7             | 3            | 0             | 55            | 1180        | 4                | less than 1 | 2           | 24          |



| Sides A La Carte (Serves 6)                           |             | 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) |
|---|-------------|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| Brussels Sprouts n' Kale Salad: quart                 | total       | 1270 | 820           | 91            | 10           | 1             | 0             | 840         | 147              | 17          | 114         | 13          |
|   | per serving | 210  | 140           | 15            | 2            | 0             | 0             | 140         | 24               | 3           | 19          | 2           |
| Boiled Cabbage: quart (Sunday and Monday only)        | total       | 380  | 200           | 22            | 8            | 0             | 30            | 1990        | 36               | 16          | 11          | 10          |
|   | per serving | 60   | 30            | 3.5           | 2            | 0             | 5             | 330         | 6                | 3           | 2           | 2           |
| Cole Slaw: quart                                      | total       | 1340 | 1030          | 114           | 18           | 1.5           | 110           | 910         | 76               | less than 1 | 73          | 2           |
|   | per serving | 220  | 170           | 19            | 3            | 0             | 20            | 150         | 13               | 0           | 12          | 0           |
| Cornbread Dressing: quart (Monday and Thursday only)  | total       | 1570 | 800           | 89            | 18           | 0             | 115           | 4780        | 165              | 27          | 18          | 26          |
|   | per serving | 260  | 130           | 15            | 3            | 0             | 20            | 800         | 27               | 5           | 3           | 4           |
| Country Green Beans: quart                            | total       | 420  | 180           | 20            | 8            | 0             | 55            | 2300        | 49               | 21          | 8           | 10          |
|   | per serving | 70   | 30            | 3.5           | 2            | 0             | 10            | 380         | 8                | 4           | 1           | 2           |
| Dumplings: quart                                      | total       | 820  | 200           | 22            | 7            | 0             | 5             | 3750        | 144              | 12          | 2           | 19          |
|   | per serving | 140  | 35            | 3.5           | 1            | 0             | 0             | 630         | 24               | 2           | 0           | 3           |
| Fried Apples: quart                                   | total       | 1030 | 120           | 13            | 4.5          | 0             | less than 5   | 260         | 222              | 33          | 156         | 3           |
|   | per serving | 170  | 20            | 2.00          | 1            | 0             | 0             | 45          | 37               | 6           | 26          | less than 1 |
| Hashbrown Casserole: quart                            | total       | 1150 | 450           | 50            | 19           | 0             | 65            | 2110        | 146              | 15          | 3           | 31          |
|   | per serving | 190  | 70            | 8             | 3            | 0             | 10            | 350         | 24               | 2           | 0           | 5           |
| Lima Beans: quart (Tuesday, Friday and Saturday only) | total       | 2190 | 1030          | 114           | 26           | 0             | 215           | 2380        | 214              | 55          | 0           | 75          |
|   | per serving | 360  | 170           | 19            | 4.5          | 0             | 35            | 400         | 36               | 9           | 0           | 13          |
| Macaroni n Cheese: quart                              | total       | 1620 | 850           | 94            | 36           | 1             | 145           | 4220        | 136              | 10          | 20          | 58          |
|   | per serving | 270  | 140           | 16            | 6            | 0             | 25            | 700         | 23               | 2           | 3           | 10          |
| Mashed Potatoes: quart                                | total       | 980  | 420           | 47            | 9            | 0             | 30            | 850         | 123              | 13          | 3           | 16          |
|   | per serving | 160  | 70            | 8             | 1.5          | 0             | 5             | 140         | 20               | 2           | 1           | 3           |
| Mashed Potatoes with Brown Gravy: quart               | total       | 1200 | 530           | 59            | 11           | 0             | 30            | 2570        | 144              | 18          | 5           | 23          |
|   | per serving | 200  | 90            | 10            | 3            | 0             | 10            | 220         | 23               | 2           | 2           | 4           |
| Mashed Potatoes with Sawmill Gravy: quart             | total       | 1460 | 700           | 78            | 21           | 0             | 65            | 1830        | 158              | 14          | 18          | 30          |
|   | per serving | 240  | 120           | 13            | 3.5          | 0             | 10            | 300         | 26               | 2           | 3           | 5           |
| Mixed Green Salad: quart                              | total       | 160  | 15            | 2             | 0            | 0             | 0             | 65          | 32               | 16          | 16          | 11          |
|   | per serving | 25   | 0             | 0             | 0            | 0             | 0             | 10          | 5                | 3           | 3           | 2           |
| Pinto Beans: quart                                    | total       | 1080 | 140           | 16            | 5            | 0             | 95            | 1960        | 155              | 50          | 0           | 78          |
|   | per serving | 180  | 25            | 3             | 1            | 0             | 15            | 330         | 26               | 8           | 0           | 13          |
| Steamed Broccoli: quart                               | total       | 180  | 5             | 1             | 0            | 0             | 0             | 55          | 27               | 17          | 4           | 16          |
|   | per serving | 30   | 0             | 0             | 0            | 0             | 0             | 10          | 5                | 3           | less than 1 | 3           |
| Sweet Potato Casserole: quart (Thursday only)         | total       | 1400 | 250           | 28            | 4.5          | 0             | 0             | 640         | 273              | 17          | 213         | 15          |
|   | per serving | 230  | 40            | 5             | 1            | 0             | 0             | 105         | 46               | 3           | 36          | 2           |
| Sweet Whole Baby Carrots: quart                       | total       | 470  | 45            | 5             | 1            | 0             | 70            | 750         | 98               | 18          | 54          | 8           |
|   | per serving | 80   | 5             | 1             | 0            | 0             | 10            | 125         | 16               | 3           | 9           | 1           |
| Turnip Greens: quart                                  | total       | 570  | 190           | 21            | 8            | 0             | 95            | 2210        | 35               | 22          | 0           | 61          |
|   | per serving | 100  | 30            | 3.5           | 2            | 0             | 15            | 370         | 6                | 4           | 0           | 10          |
| Whole Kernel Corn: quart                              | total       | 1150 | 440           | 48            | 8            | 0             | 100           | 550         | 162              | 17          | 4           | 18          |
|   | per serving | 190  | 70            | 8             | 2            | 0             | 15            | 90          | 27               | 3           | less than 1 | 3           |
| <b>Loaded Baked Potato Bar:</b>                       |             |      |               |               |              |               |               |             |                  |             |             |             |
| Plain Baked Potato                                    | each        | 310  | 0             | 0             | 0            | 0             | 0             | 45          | 68               | 7           | 3           | 8           |
|   | total       | 340  | 250           | 27            | 17           | 0             | 80            | 510         | 2                | 0           | 0           | 20          |
| Shredded Colby Cheese                                 | per serving | 60   | 40            | 5             | 3            | 0             | 10            | 90          | 0                | 0           | 0           | 3           |
|   | total       | 430  | 330           | 37            | 14           | 0             | 100           | 1520        | less than 1      | 0           | less than 1 | 27          |
| Bacon Pieces  | per serving | 70   | 60            | 6             | 2            | 0             | 20            | 250         | less than 1      | 0           | less than 1 | 5           |
|   | each        | 60   | 45            | 5             | 4            | 0             | 20            | 15          | less than 1      | 0           | less than 1 | less than 1 |
| Sour Cream  | each        | 35   | 35            | 4             | 3            | 0             | 10            | 30          | 0                | 0           | 0           | 0           |
| Butter Cup  | each        |      |               |               |              |               |               |             |                  |             |             |             |



| Sides A La Carte (Serves 12)                          |             | 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) |
|---|-------------|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|-------------|-------------|
| Cornbread Dressing: pan (Monday and Thursday only)    | total       | 5030 | 2570          | 286           | 58           | 1.5           | 375           | 15300       | 528              | 87          | 56          | 84          |
|   | per serving | 420  | 210           | 24            | 5            | 0             | 30            | 1270        | 44               | 7           | 5           | 7           |
| Fried Apples: pan                                     | total       | 2840 | 260           | 29            | 6            | 2             | 0             | 550         | 641              | 50          | 474         | 5           |
|   | per serving | 240  | 20            | 3             | 0            | 0             | 0             | 45          | 53               | 4           | 39          | 0           |
| Hashbrown Casserole: pan                              | total       | 2690 | 1040          | 116           | 45           | 0.5           | 155           | 4920        | 340              | 35          | 6           | 73          |
|   | per serving | 220  | 90            | 10            | 4            | 0             | 15            | 410         | 28               | 3           | less than 1 | 6           |
| Macaroni n' Cheese: pan                               | total       | 4060 | 2120          | 236           | 90           | 2.5           | 355           | 10550       | 340              | 25          | 49          | 144         |
|   | per serving | 340  | 180           | 20            | 8            | 0             | 30            | 880         | 28               | 2           | 4           | 12          |
| Brussels Sprouts n' Kale Salad: pan                   | total       | 3550 | 2300          | 255           | 28           | 3             | 0             | 2340        | 411              | 48          | 321         | 38          |
|   | per serving | 300  | 190           | 21            | 3            | 0             | 0             | 200         | 34               | 4           | 27          | 3           |
| Cole Slaw: pan  | total       | 2860 | 2200          | 244           | 38           | 4             | 235           | 1940        | 161              | 3           | 157         | 4           |
|   | per serving | 240  | 180           | 20            | 3            | 0             | 20            | 160         | 13               | 0           | 13          | 0           |
| Dumplings: pan  | total       | 2420 | 580           | 65            | 21           | 1             | 15            | 11000       | 423              | 35          | 6           | 55          |
|   | per serving | 200  | 50            | 5             | 2            | 0             | 0             | 920         | 35               | 3           | 0           | 5           |
| Steamed Broccoli: pan                                 | total       | 360  | 10            | 2             | 0            | 0             | 0             | 110         | 53               | 34          | 8           | 33          |
|   | per serving | 30   | 0             | 0             | 0            | 0             | 0             | 10          | 4                | 3           | less than 1 | 3           |
| Mashed Potatoes with Brown Gravy: pan                 | total       | 3460 | 1530          | 170           | 32           | 0             | 95            | 7090        | 417              | 52          | 15          | 66          |
|   | per serving | 290  | 130           | 14            | 3            | 0             | 10            | 590         | 35               | 4           | 1           | 6           |
| Mashed Potatoes with Sawmill Gravy: pan               | total       | 4150 | 1990          | 221           | 59           | 1             | 185           | 5090        | 455              | 42          | 48          | 83          |
|   | per serving | 350  | 170           | 18            | 5            | 0             | 15            | 420         | 38               | 3           | 4           | 7           |
| Bread (Serves 6)                                      |             | 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        | 160  | 50            | 6             | 2            | 0             | 0             | 310         | 23               | less than 1 | 1           | 3           |
| Corn Muffin: dozen                                    | each        | 210  | 100           | 11            | 3            | 0             | 30            | 510         | 24               | 4           | 2           | 4           |
| Sourdough Bread: one loaf                             | per slice   | 110  | 20            | 2             | 0            | 0             | 0             | 85          | 21               | 1           | 3           | 3           |
| Beverages (Serves 6)                                  |             | 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: 96oz                          | total       | 30   | 5             | 1             | 0            | 0             | 0             | 0           | 5                | 4           | 0           | 1           |
| Premium Decaf Coffee: 96oz                            | total       | 30   | 5             | 0.5           | 0            | 0             | 0             | 0           | 5                | 4           | 0           | less than 1 |
| Unsweetened Freshly Brewed Iced Tea: gallon           | total       | 0    | 0             | 0             | 0            | 0             | 0             | 0           | 0                | 0           | 0           | 0           |
| Sweetened Freshly Brewed Iced Tea: gallon             | total       | 1050 | 0             | 0             | 0            | 0             | 0             | 0           | 273              | 2           | 266         | less than 1 |
| Florida Valencia Orange Juice: gallon                 | total       | 1530 | 0             | 0             | 0            | 0             | 0             | 0           | 340              | 0           | 306         | 24          |
| Lemonade: gallon                                      | total       | 2100 | 0             | 0             | 0            | 0             | 0             | 170         | 501              | 2           | 227         | 19          |
| Desserts (Serves 12)                                  |             | 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) |
| Double Chocolate Fudge Coca-Cola Cake                 | total       | 8130 | 2870          | 319           | 115          | 0             | 475           | 3280        | 1237             | 37          | 1010        | 77          |
|   | per serving | 680  | 240           | 27            | 10           | 0             | 40            | 270         | 103              | 3           | 84          | 6           |
| Blackberry Fruit Cobbler                              | total       | 4080 | 460           | 51            | 19           | 0             | 100           | 2410        | 839              | 46          | 496         | 68          |
|   | per serving | 340  | 40            | 4             | 1.5          | 0             | 10            | 200         | 70               | 4           | 41          | 6           |
| Peach Fruit Cobbler                                   | total       | 4450 | 1430          | 159           | 56           | 0             | 100           | 2680        | 721              | 22          | 444         | 33          |
|   | per serving | 370  | 120           | 13            | 4.5          | 0             | 10            | 220         | 60               | 2           | 37          | 3           |
| Homestyle Cookies: 6 oatmeal raisin; 6 chocolate chip | total       | 2800 | 1020          | 113           | 66           | 3             | 355           | 1220        | 404              | 22          | 255         | 35          |
| Homestyle Cookies: 12 oatmeal raisin                  | each        | 230  | 70            | 8             | 4.5          | 0             | 30            | 85          | 37               | 2           | 23          | 3           |
| Homestyle Cookies: 12 chocolate chip                  | each        | 240  | 100           | 11            | 6            | 0             | 30            | 120         | 30               | 1           | 19          | 3           |



# Seasonal Offerings

| Seasonal Offerings: Available 2/25/19 - 4/19/19 |             |      |               |               |              |               |               |             |                  |             |            |             |
|---|-------------|------|---------------|---------------|--------------|---------------|---------------|-------------|------------------|-------------|------------|-------------|
| 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) |
| Spring Berry Iced Tea: gallon                   | Regular     | 100  | 0             | 0             | 0            | 0             | 0             | 0           | 25               | 0           | 25         | 0           |
| Dessert   |             | 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) |
| Buttermilk Pie                                  | total       | 4390 | 1390          | 154           | 73           | 3             | 1045          | 3520        | 640              | 5           | 496        | 119         |
|   | per serving | 730  | 230           | 26            | 12           | 0.5           | 175           | 590         | 107              | less than 1 | 83         | 20          |