



# NUTRITIONAL FACTS N' FIGURES CATERING

This information is applicable as of 8/8/23

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## CATERING

### All-Day Breakfast 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)
<b>Meat Biscuits (20 each) combine up to two</b>												
<b>Smoked Sausage</b>	each	280	140	16	6	0	30	510	24	0	1	10
<b>Sugar Ham</b>	each	210	70	8	3	0	20	670	24	less than 1	2	11
<b>Country Ham</b>	each	240	90	10	4	0	30	810	25	less than 1	1	13
<b>Impossible™ Sausage</b>	each	260	120	13	4.5	0	0	630	27	less than 1	1	9
<b>Eggs n' Meat</b>												
	total	1470	860	95	32	1	3850	1490	17	5	6	136
<b>Scrambled Eggs</b>	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
<b>Thick Sliced Bacon: 30 slices</b>	each	70	50	6	2	0	15	150	0	0	0	5
<b>Smoked Sausage Patties: 20 patties</b>	each	120	90	10	4	0	30	200	less than 1	0	0	7
<b>Sugar Cured Ham: 10 slices</b>	each	220	130	15	3.5	0	55	960	1	0	1	18
<b>Country Ham: 10 slices</b>	each	270	120	13	5	0	95	1680	6	1	0	33
<b>Impossible™ Sausage: 20 patties</b>	each	100	60	7	2.5	0	0	310	4	1	0	6
<b>Spicy Chicken Sausage: 20 pieces</b>	each	110	70	7	1.5	0	55	380	1	0	0	10
<b>Casseroles</b>												
<b>Egg n' Hashbrown Casserole with Sugar Cured Ham</b>	total	2410	1340	149	74	1.5	1635	6330	102	9	19	163
	per serving	240	130	15	7	0	165	630	10	1	2	16
<b>Four Layer Breakfast Bowls</b>												
with Bacon: 10 each	each	450	250	28	13	0.0	60	840	31	3	3	19
<b>Griddle Classics</b>												
<b>Dozen Buttermilk Pancakes: 20 pancakes</b>	each	210	50	6	1	0	5	670	36	2	3	4
<b>Dozen Slices of French Toast: 20 slices</b>	each	190	70	8	2	0	80	160	26	1	8	6
<b>Breakfast Extras</b>												
<b>Signature Homemade Biscuits</b>	Biscuit (each)	160	50	6	2	0	0	310	23	less than 1	1	3
<b>Hashbrown Casserole</b>	total	3080	1190	132	52	1	180	5620	389	40	7	84
	per serving	310	120	13	5	0	20	560	39	4	1	8
<b>Loaded Hashbrown Casserole</b>	total	6020	3380	375	180	1	870	12420	403	40	12	264
	per serving	600	340	38	18	0	85	1240	40	4	1	26
<b>Fried Apples</b>	total	2060	240	27	9	1	5	510	446	66	313	7
	per serving	210	20	2.5	1	0	0	50	45	7	31	1
<b>Sawmill Gravy</b>	total	1280	750	83	33	1	90	2600	95	4	35	37
	per serving	130	70	8	3.5	0	10	260	10	0	4	4
<b>Fresh Seasonal Fruit</b>	total	690	20	2	0	0	0	10	178	21	132	8
	per serving	70	0	0	0	0	0	0	18	2	13	1
<b>Hashbrown Casserole Tots</b>	total	2830	1500	167	44	1	90	8040	281	5	11	49
	per serving	280	150	17	4.5	0	10	800	28	less than 1	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>Sunday Homestyle Chicken®:</b> 10 each	each	530	260	29	6	0	100	1370	32	2	1	36
<b>Chicken Fried Chicken:</b> 10 each	each	530	410	46	9	0	90	1600	32	3	less than 1	33
	total	640	370	42	17	0	45	1300	48	2	18	19
plus Sawmill Gravy (1 pint)	per serving	60	40	4	1.5	0	5	130	5	less than 1	2	2
<b>Maple Bacon Grilled Chicken:</b> 10 each	each	420	190	21	9	0	130	910	17	less than 1	14	41
	total	3090	560	63	21	1	825	10380	346	28	5	302
<b>Homemade Chicken n' Dumplins</b>	per serving	310	60	6	2	0	80	1040	35	3	0	30
<b>Meatloaf:</b> 10 slices	each	520	310	35	14	0	140	930	17	2	5	35
<b>Smoky Southern Chicken:</b> 10 each	each	150	20	2.5	1	0	85	420	2	less than 1	1	29
	total	4790	2600	288	119	11	1325	7800	105	0	0	447
<b>Roast Beef</b>	per serving	480	260	29	12	1	130	780	10	0	0	45
	total	3010	1960	218	95	1	630	9540	7	2	0	262
<b>Sirloin Steak Tips</b>	per serving	300	200	22	10	0	65	950	1	0	0	26
<b>Grilled Chicken Tenders:</b> 40 each	each	40	10	1	0	0	15	140	1	0	1	6
<b>Fried Chicken Tenders:</b> 40 each	each	100	45	5	1	0	30	360	4	less than 1	0	10
	BBQ sauce: 12 oz.	500	60	7	1	0	0	2090	107	3	99	3
	Honey Mustard: 12 oz.	1340	1130	126	19	2	100	2390	49	2	44	4
	Dill Pickle Ranch 12 oz.	1530	1480	164	23	0	115	1530	12	0	12	12
	Buttermilk Ranch: 12 oz.	1150	1070	119	19.0	2	100	2530	14	1	10	5
<b>Sugar Cured Ham:</b> 10 slices	each	440	260	29	7	0	115	1910	2	0	2	36
	total	1990	530	59	25	0	930	11470	68	6	15	302
<b>Turkey n' Dressing</b>	per serving	200	50	6	3	0	95	1150	7	less than 1	2	30
	total	3690	1340	149	54	0	1495	20540	79	6	26	483
<b>Turkey and Sugar Cured Ham</b>	per serving	370	130	15	5	0	150	2050	8	less than 1	3	48
	total	8220	4500	500	116	0	2385	23660	390	43	0	542
<b>Southern Fried Chicken</b>	per serving	820	450	50	12	0	240	2370	39	4	0	54
<b>Fried Catfish:</b> 10 fillets	each	260	160	18	5	0	50	480	6	less than 1	1	18
Hushpuppies: 20 each	each	50	20	3	0	0	0	115	7	1	1	1
Tartar Sauce: 16 oz.	total	2240	2070	230	35	4	95	1680	40	1	38	3
<b>Grilled Catfish:</b> 10 fillets	each	130	50	5	2	0	50	330	1	less than 1	1	19

<b>Tenders Trio Platter (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>
Choose three flavors below												
<b>Fried Chicken Tenders: 20 each</b>	each	100	45	5	1	0	30	360	4	less than 1	0	10
<b>Sweet n' Smoky Maple Bacon Tenders: 20 each</b>	each	140	60	7	1.5	0	35	470	9	less than 1	4	11
<b>Kick'n Buffalo Ranch Tenders: 20 each</b>	each	120	60	6	1	0	30	530	5	less than 1	0	10
plus choice of	BBQ sauce: 12 oz.	500	60	7	1	0	0	2090	107	3	99	3
	Honey Mustard: 12 oz.	1340	1130	126	19	2	100	2390	49	2	44	4
	Dill Pickle Ranch 12 oz.	1530	1480	164	23	0	115	1530	12	0	12	12
	Buttermilk Ranch: 12 oz.	1150	1070	119	19	2	100	2530	14	1	10	5
	Buffalo Ranch: 12 oz.	850	780	87	14	1.5	65	5040	15	2	8	4
<b>Barrel Cheeseburger Slider Platter (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>
<b>Mini Cheeseburger: 10 each</b>	each	250	110	13	6	0	35	450	22	less than 1	5	13
<b>Pickle Slices: 20 each</b>	each	5	0	0	0	0	0	50	2	0	2	0
<b>Build Your Own Chicken Sandwich Bar (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>
<b>Grilled Chicken Sandwich: 10 each</b>	each	410	50	5	1.5	0	85	850	53	2	8	38
<b>Fried Chicken Sandwich: 10 each</b>	each	800	290	32	6	0	100	1800	82	4	7	45
plus	Pickles: 20 slices	140	10	1	0	0	0	690	32	2	27	1
	BBQ sauce: 6 oz.	250	30	3.5	0.5	0	0	1040	53	1	50	1
	Honey Mustard: 6 oz.	670	570	63	9	1	50	1190	25	less than 1	22	2
	Buttermilk Ranch: 6 oz.	570	540	60	9	1	50	1270	7	less than 1	5	3
	Buffalo Ranch: 6 oz.	420	390	43	7	0.5	35	2520	7	1	4	2
add on	Cheese Slices: each	80	60	7	4.5	0	20	130	1	0	0	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	3080	1190	132	52	1	180	5620	389	40	7	84
	per serving	310	120	13	5	0	20	560	39	4	1	8
Cole Slaw	total	2460	1890	210	32	3	205	1670	139	less than 1	135	4
	per serving	250	190	21	3	0	20	170	14	less than 1	13	0
Country Green Beans	total	830	360	40	15	0	115	4590	98	42	17	21
	per serving	80	40	4	1.5	0	10	460	10	4	2	2
Cornbread Dressing	total	5030	2570	286	58	1.5	375	15300	528	87	56	84
	per serving	500	260	29	6	0	40	1530	53	9	6	8
Dumplings	total	1920	460	52	17	1	15	8750	337	28	5	44
	per serving	190	50	5	1.5	0	0	880	34	3	0	4
Fried Apples	total	2060	240	27	9	1	5	510	446	66	313	7
	per serving	210	20	2.5	1	0	0	50	45	7	31	1
Fried Okra	total	2470	840	93	17	0	100	5200	376	24	15	32
	per serving	250	80	9	1.5	0	10	520	38	2	2	3
Macaroni n Cheese	total	3250	1700	189	72	2	285	8440	272	20	39	115
	per serving	320	170	19	7	0	30	840	27	2	4	12
Mashed Potatoes	total	2610	1130	126	23	0	85	2270	327	34	9	41
	per serving	260	110	13	2.5	0	10	230	33	3	1	4
plus choice of	Brown Gravy (16 oz.)	290	140	16	3	0	0	2300	29	7	2	10
	Sawmill Gravy (16 oz.)	640	370	42	17	0	45	1300	48	2	18	19
Steamed Broccoli	total	300	10	1	0	0	0	90	44	28	6	27
	per serving	30	0	0	0	0	0	10	4	3	1	3
Sweet Potato Casserole	total	2800	500	56	9	0	0	1280	546	34	426	30
	per serving	280	50	6	1	0	0	130	55	3	43	3
Sweet Whole Baby Carrots	total	1270	120	14	2.5	0	195	2040	266	49	148	21
	per serving	130	10	1.5	0	0	20	200	27	5	15	2
Whole Kernel Corn	total	3550	1320	147	25	0	315	1700	500	52	14	56
	per serving	350	130	15	2.5	0	30	170	50	5	1	6
Premium 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)
Loaded Hashbrown Casserole	total	6020	3380	375	180	1	870	12420	403	40	12	264
	per serving	600	340	38	18	0	85	1240	40	4	1	26
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	less than 1	1	5
Bacon Mac n' Cheese	total	4330	2400	266	102	2.5	420	11050	321	23	48	156
	per serving	430	240	27	10	0	40	1110	32	2	5	16
Loaded Mashed Potatoes	total	4150	2280	254	85	0	440	6340	333	34	12	136
	per serving	410	230	25	8	0	45	630	33	3	1	14
Fresh Seasonal Fruit	total	690	20	2	0	0	0	10	178	21	132	8
	per serving	70	0	0	0	0	0	0	18	2	13	1

Lunch n' Dinner Extras (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)
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	1050	630	70	32	0	180	2390	51	12	26	60
	per serving	170	100	12	5	0	30	400	9	2	4	10
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 Ranch	total	1530	1430	159	25	2.5	130	3380	19	2	13	7
Dill Pickle Ranch	total	2030	1970	219	31	0	155	2030	16	0	16	16
Honey Mustard	total	1780	1510	168	25	2.5	135	3180	65	3	58	5
Loaded Potato Bar		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)
Plain Baked Potato	each	110	0	0	0	0	0	0	26	2	1	3
Shredded Colby Cheese	total	340	250	27	17	0	80	510	2	0	0	20
Bacon Pieces	total	430	330	37	14	0	100	1520	less than 1	0	less than 1	27
Green Onions	total	5	0	0	0	0	0	0	1	0	1	0
Sour Cream	total	340	280	31	20	1	115	85	6	0	6	6
Butter Cup	each	35	35	4	3	0	10	30	0	0	0	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	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
Barrel Bites (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)
Loaded Hashbrown Casserole Tots	total	2430	1450	161	60	1	235	6570	168	3	8	78
	per serving	240	150	16	6	0	25	660	17	0	1	8
comes with	Buttermilk Ranch: 8 oz.	770	80	79	12	1	65	1690	9	less than 1	7	4
Biscuits Beignets	total	3200	1590	176	62	0.5	5	6170	359	9	64	44
	per serving	320	160	18	6	0	0	620	36	less than 1	6	4
comes with	Butter Pecan Sauce (16 oz.)	1320	390	43	28	0	125	460	238	less than 1	233	0
Fried Pickles	total	3510	2020	225	38	1.5	5	13770	337	19	4	36
	per serving	350	200	22	4	0	0	1380	34	2	0	4
comes with	Buttermilk Ranch: 8 oz.	770	80	79	12	1	65	1690	9	less than 1	7	4
Cheese Bites	total	3410	2080	231	128	5	525	6230	168	3	25	163
	per serving	340	210	23	13	0	55	620	17	0	2	16
comes with	Buttermilk Ranch: 8 oz.	770	80	79	12	1	65	1690	9	less than 1	7	4

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	520	0	0	0	0	0	0	135	0	135	0	
Peach Tea: half gallon	total	1110	0	0	0	0	0	170	270	0	270	0	
100% Pure Orange Juice: half gallon	total	700	0	0	0	0	0	60	170	4	166	10	
Lemonade: half gallon	total	1040	0	0	0	0	0	85	247	0	112	9	
Southern Half n' Half: half gallon	total	780	0	0	0	0	0	45	191	0	124	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	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	
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	
Biscuits Beignets	total	3200	1590	176	62	0.5	5	6170	359	9	64	44	
	per serving	320	160	18	6	0	0	620	36	less than 1	6	4	
	comes with	Butter Pecan Sauce (16 oz.)	1320	390	43	28	0	125	460	238	less than 1	233	0
Homestyle Chocolate Chip Cookies: 10 cookies	each	240	100	11	6	0	30	120	30	1	19	3	
<b>Dessert Trio Sampler:</b>													
Double Chocolate Fudge Coca-Cola® Cake: 3 slices	total	2030	720	80	29	0	120	820	309	9	252	19	
Biscuit Beignets: 18 each	total	1440	710	79	28	0	0	2770	161	4	29	20	
	comes with	Butter Pecan Sauce (6 oz.)	490	150	16	11	0	45	170	89	0	87	0
Homestyle Cookies: 5 cookies	each	240	100	11	6	0	30	120	30	1	19	3	