

Ponderosa

Menu Item	Serv	Org			Cal	Tfat	Sfat	Fib	Pro	Carb	Sug
		SPts	Pts +	Pts							
1 LB. T-Bone	n/a	30	26	26	978	74	26	0	70	5	2
1/2 LB. Sirloin	n/a	8	9	9	380	19	5	0	46	3	0
10 oz. Center Cut Top Sirloin	n/a	10	11	11	440	22	7	0	57	2	1
10 oz. Ribeye	n/a	29	23	23	839	72	27	0	42	3	1
12 oz. Ribeye	n/a	29	23	23	834	72	27	0	42	3	2
21 Shrimp Roundup	n/a	20	18	16	668	29	6	1	23	74	3
6 oz. Sirloin	n/a	7	8	8	310	18	5	0	35	2	0
6 oz. Sirloin w/ fries	n/a	22	21	18	757	47	9	5	40	49	3
7 layer Brownies	1 oz	5	3	2	106	4	1	1	1	17	12
8 oz. Ribeye	n/a	20	16	16	600	48	18	0	37	2	0
Alfredo Au Gratin Potatoes	1 oz	2	1	1	46	3	1	0	1	4	1
Alfredo Sauce	1 oz	2	1	1	53	4	2	0	2	2	1
Ambrosia	1 oz	2	1	1	30	1	1	0	0	5	5
Apple Berry Cobbler w/ Homestyle Crust	1 oz	2	1	1	40	0	0	0	0	9	7
Apple Cobbler	1 oz	3	2	1	66	2	0	0	0	12	8
Apple Salad	1 oz	2	1	1	52	4	1	1	0	5	4
Apple Slaw	1 oz	2	1	1	52	4	1	0	0	4	3
Apple Slices	1 oz	1	1	0	28	0	0	1	0	6	5
Applewood Chicken (using bone-in chicken)	1 oz	2	1	1	59	3	1	0	4	3	3
Applewood Chicken (using boneless chicken)	1 oz	1	1	1	39	1	0	0	3	5	3
Arrabiatta Pasta Bake	1 oz	1	1	1	22	1	0	0	2	5	1
Asian Chicken and Broccoli	1 oz	2	1	1	51	3	1	0	3	4	1
Asian Noodle Salad	1 oz	2	1	1	45	2	0	0	1	6	2
AuGratin Potatoes	1 oz	0	0	0	11	1	0	0	0	1	0
Bacon & BBQ Chicken Breast	n/a	28	21	16	791	16	6	4	50	114	58
Bacon Bits, Imitation	1 oz	3	3	2	121	4	1	4	13	8	2
Bacon Pieces	1 oz	5	4	4	153	12	4	0	11	0	0
Bacon Ranch Dressing	1 oz	6	4	5	159	16	3	0	0	2	1
Baked Pork BBQ Beans	1 oz	2	1	1	43	1	0	1	1	8	6
Baked Potato, plain	n/a	8	7	5	275	5	1	4	6	54	2
Baked Squash	1 oz	1	1	1	40	2	0	0	1	6	2
Baked Sweet Potato, plain	n/a	15	11	8	419	9	2	12	6	81	18
Baked Tomatoes	1 oz	1	1	1	25	1	0	0	1	4	2
Balsamic Vinaigrette Dressing	1 oz	4	3	3	113	11	2	0	0	3	2
Banana Nut Bread	1 oz	3	2	2	82	3	0	0	1	13	7
Banana Pudding	1 oz	2	1	1	46	1	1	0	0	9	5
Bananas in Sugar Free Glaze	1 oz	1	0	0	20	0	0	1	0	5	3
BBQ Beef Pot Roast	1 oz	1	1	1	24	1	0	0	2	2	1
BBQ Chicken (using bone-in chicken)	1 oz	0	2	0		3	1	0	4	4	3
BBQ Chicken Breast	n/a	19	15	11	583	6	1	4	42	93	38
BBQ Chicken Laredo (Dinner)	n/a	38	29	26	1,091	55	15	6	53	99	46
BBQ Chicken Laredo (Lunch)	n/a	43	34	30	1,263	67	16	7	53	118	41
BBQ Chicken Wings, Unbreadeedd	1 oz	2	1	1	55	3	1	0	4	2	2
BBQ Chicken, Bacon & Cheddar Sandwich	n/a	30	22	18	847	22	8	3	56	110	61
BBQ Glazed Meatloaf	1 oz	2	1	1	57	1	0	0	3	5	3
BBQ Pulled Pork	1 oz	2	2	1	58	2	1	0	5	5	4
BBQ Shrimp	n/a	11	7	5	270	1	0	1	20	44	40
Beans and Franks	1 oz	2	1	1	50	2	0	1	2	7	6
Beef and Noodles	1 oz	1	1	1	27	1	0	0	1	3	0
Beef and Potato Casserole	1 oz	1	1	1	26	1	1	0	2	1	0
Beef Enchiladas	1 oz	1	1	1	42	2	0	0	2	5	1
Beef Gravy	1 oz	0	0	0	12	0	0	0	0	2	0
Beef Pot Roast	1 oz	0	1	1	24	1	0	0	3	1	0
Beef Stew	1 oz	0	0	0	15	0	0	0	1	2	1
Beef Stroganoff	1 oz	1	1	1	33	1	0	0	1	4	1
Beer Battered Fish	n/a	20	18	17	653	45	7	1	23	37	6
Beet Pickled	1 oz	1	1	0	23	0	0	0	0	5	4

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Berry Blue Gelatin	1 oz	1	1	0	21	0	0	0	0	5	5
Berry Cornbread Cobbler	1 oz	3	1	1	54	0	0	0	1	12	8
Black Olives	1 oz	2	1	1	45	4	1	1	0	1	0
BLT Pasta Salad	1 oz	1	1	1	28	2	0	0	1	3	1
Blue Cheese Dressing	1 oz	5	4	4	136	14	3	0	1	1	1
Blueberry Buckle Cake	1 oz	3	2	2	71	3	1	0	1	11	6
Bread Pudding	1 oz	3	2	1	63	2	0	0	1	10	6
Broccoli & Cheese Potato Topper	1 oz	1	0	0	16	0	0	0	0	3	1
Broccoli & Rice Casserole	1 oz	1	1	1	22	1	0	0	0	4	1
Broccoli Cheese and Rice Bake	1 oz	1	1	0	19	1	0	0	0	3	0
Broccoli Florets	1 oz	0	0	0	8	0	0	1	1	1	0
Broccoli Florets, Fresh	1 oz	0	0	0	16	1	0	1	1	1	0
Broccoli Salad	1 oz	2	1	1	38	2	0	0	0	5	3
Broccoli Slaw	1 oz	1	1	0	21	1	0	1	1	3	2
Broccoli, Lemon Peppered	1 oz	1	0	0	17	1	0	0	0	1	0
Broccoli, Spears	1 oz	1	0	0	21	1	0	1	0	1	1
Buffalo Chicken Sandwich	n/a	29	26	23	943	56	11	5	38	80	9
Buffalo Chicken Wings, Unbreaded	1 oz	1	1	1	48	4	1	0	4	0	0
Burger Bites	1 oz	1	4	2	82	4	2	0	27	7	1
Burger w/ fries	n/a	13	26	16	664	38	10	6	104	69	3
Buttermilk Cheddar Biscuits	1 oz	3	2	2	87	4	2	0	3	11	2
Buttermilk Ranch Dressing	1 oz	5	4	4	151	15	2	0	0	2	1
Butternut Squash	1 oz	1	1	1	30	2	0	1	0	4	2
Butterscotch Cookie Bar	1 oz	6	4	4	141	11	4	0	0	10	7
Cabbage, Country	1 oz	1	0	0	15	1	0	1	0	2	1
Cabbage, Red	1 oz	0	0	0	9	0	0	1	0	2	1
Cabbage, Unstuffed	1 oz	1	1	1	30	1	0	0	2	3	1
Caesar Dressing	1 oz	5	4	4	142	14	2	0	1	2	1
Caesar Salad	1 oz	1	1	1	34	2	0	0	1	3	1
Cajun Fish	1 oz	1	1	1	41	2	0	0	5	0	0
Cake Cones	1 oz	3	3	2	113	0	0	0	0	23	0
Cantaloupe	1 oz	1	0	0	10	0	0	0	0	2	2
Caramel Apple Cobbler	1 oz	3	2	1	65	1	0	0	0	13	9
Carrot Cake	1 oz	4	3	2	94	4	1	0	1	13	9
Carrot Raisin Salad	1 oz	3	2	2	72	6	1	0	0	5	3
Carrots	1 oz	2	1	1	41	0	0	0	0	9	8
Carrots, Baby	1 oz	2	1	0	31	0	0	1	0	7	7
Carrots, Maple Glazed	1 oz	2	1	1	35	1	0	0	0	6	5
Carrots, Maple Glazed Baby	1 oz	2	1	1	37	1	0	0	0	6	5
Carrots, Shredded	1 oz	0	0	0	12	0	0	1	0	3	1
Carrots, Sliced Fresh	1 oz	0	0	0	12	0	0	1	0	3	1
Catalina Salad	1 oz	1	1	1	39	1	0	1	1	6	1
Cauliflower Salad	1 oz	2	2	2	58	5	1	0	1	2	1
Cauliflower with Cheese Sauce	1 oz	0	0	0	12	0	0	0	1	2	1
Cauliflower, Fresh Raw Florets	1 oz	0	0	0	7	0	0	1	1	1	1
Celery	1 oz	0	0	0	5	0	0	0	0	1	0
Cheese Pizza	1 oz	2	2	1	61	2	1	0	3	8	1
Cheese Sauce	1 oz	1	0	0	21	0	0	0	0	4	1
Cheese, Mozzarella Shred	1 oz	3	2	2	83	6	4	0	7	1	0
Cheese, Parmesan Flavored Shred	1 oz	2	3	2	85	6	0	0	6	6	0
Cheese, Salad Bar Shred	1 oz	3	2	2	81	5	1	0	0	9	3
Cheeseburger	n/a	22	19	17	724	36	14	3	52	49	6
Cheesecake	1 oz	3	2	1	62	2	1	0	1	11	9
Cheesy Medley Vegetables	1 oz	0	0	0	10	0	0	1	0	2	1
Cheezy Garlic Pizza	1 oz	2	2	2	79	3	1	0	4	9	0
Cherry Cobbler w/ Crumb Topping	1 oz	2	1	1	46	0	0	0	0	10	8
Cherry Cornbread Cobbler	1 oz	3	2	1	56	0	0	0	1	13	9
Cherry Dream Pie	1 oz	4	2	2	76	4	3	0	0	9	7
Cherry Dream Pie, Single Serve	1 oz	4	2	2	75	4	3	0	0	9	8
Chick Peas	1 oz	1	0	0	24	0	0	2	1	4	1
Chicken & Noodles	1 oz	1	1	1	27	1	0	0	2	3	0
Chicken Alfredo	1 oz	1	1	1	26	1	0	0	2	4	0
Chicken and Broccoli Alfredo	1 oz	1	1	1	35	1	0	0	2	3	0

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Chicken Breast (Add-on)	n/a	2	4	4	186	5	0	0	35	0	0
Chicken Carbonara	1 oz	1	1	1	26	1	0	0	2	5	1
Chicken Monterey	n/a	25	20	19	725	49	7	0	35	38	37
Chicken Monterey (2 piece)	n/a	40	33	30	1,209	78	11	1	69	60	57
Chicken Noodle Casserole	1 oz	1	1	1	30	1	0	0	1	4	1
Chicken Parmesan Pasta Bake	1 oz	1	1	1	36	2	0	0	2	5	1
Chicken Salad	1 oz	2	2	2	71	6	1	0	4	0	0
Chicken Strips Dinner	n/a	31	28	25	1,001	68	12	3	43	61	15
Chicken Wings	1 oz	2	2	2	86	6	1	0	5	2	0
Chicken Wings, Buffalo Style	1 oz	2	2	2	67	5	1	0	4	2	0
Chicken Wings, Honey BBQ Style	1 oz	3	2	2	81	5	1	0	4	5	3
Chicken Wings, Unbreaded BBQ	1 oz	2	1	1	55	3	1	0	4	2	2
Chicken Wings, Unbreaded Buffalo	1 oz	1	1	1	48	4	1	0	4	0	0
chicken)	1 oz	1	1	1	30	1	0	0	3	4	3
chicken)	1 oz	2	1	1	43	2	1	0	3	3	3
Chocolate Bundt Cake	1 oz	3	2	1	73	2	1	1	1	14	9
Chocolate Cake w/ Chocolate Icing	1 oz	4	2	2	84	4	1	1	1	13	9
Chocolate Cake w/ Cream Cheese Icing	1 oz	5	3	2	104	5	2	0	1	13	10
Chocolate Cake w/ German Chocolate Icing	1 oz	4	3	2	91	5	2	1	1	12	8
Chocolate Cake w/ Whipped Icing	1 oz	4	2	2	81	4	2	0	1	10	6
Chocolate Cherry Jubilee Cake	1 oz	4	2	2	78	3	1	1	1	12	8
Chocolate Chip Cookie Pie	1 oz	5	3	3	110	4	1	0	1	18	13
Chocolate Chip Cookies	1 oz	5	3	3	116	4	2	0	1	18	11
Chocolate Cream Cheese Pudding Pie	1 oz	3	2	2	72	4	2	0	0	9	6
Chocolate Cream Cheese Pudding Pie (Ramekin)	1 oz	4	2	2	79	5	3	0	1	8	6
Chocolate Cupcake w/ Chocolate Icing	1 oz	4	2	2	88	4	1	1	1	13	10
Chocolate Cupcake w/ Cream Cheese Icing	1 oz	5	3	3	116	6	2	0	1	14	12
Chocolate Cupcake w/ White Icing	1 oz	4	3	2	91	5	3	0	1	11	8
Chocolate Fudge	1 oz	6	3	2	113	4	1	1	1	19	18
Chocolate Macarons	1 oz	6	3	3	116	6	5	1	1	16	14
Chocolate Mousse	1 oz	3	2	2	64	4	3	0	1	7	6
Chocolate Mousse Cake	1 oz	4	2	2	82	4	1	1	1	12	8
Chocolate Mousse Shooter	1 oz	5	2	2	84	5	4	0	0	10	8
Chocolate Peanut Butter Fudge	1 oz	6	3	3	119	6	1	1	2	16	15
Chocolate Peanut Butter Pie (Ramekin)	1 oz	5	2	2	86	4	3	1	1	12	10
Chocolate Pie (Ramekin)	1 oz	5	3	2	91	5	4	1	1	12	8
Chocolate Pudding	1 oz	2	1	1	39	1	1	0	0	8	6
Chocolate Volcano Cake	1 oz	3	2	1	64	1	0	0	1	12	8
Chopped Salad	1 oz	1	1	1	35	2	1	0	2	1	1
Chopped Steak	n/a	27	15	19	693	57	21	0	0	1	0
Cinnamon Bread	1 oz	4	5	2	92	2	1	0	2	44	6
Cinnamon Rolls (Petite)	1 oz	3	3	2	94	4	1	0	2	13	4
Clam Strips, Fried	1 oz	3	3	2	98	6	1	0	2	9	1
Cocktail Sauce	1 oz	2	1	1	28	0	0	0	0	6	6
Coconut Cake	1 oz	4	2	2	86	3	2	0	1	13	9
Coconut Cream Pie - pan	1 oz	11	6	5	216	11	8	1	1	28	19
Coconut Cream Pie - pie shell	1 oz	8	4	4	164	9	6	1	1	19	9
Cole Slaw, Chopped or Shredded	1 oz	1	1	1	31	2	0	1	0	3	2
Coleslaw	n/a	4	2	2	94	6	1	2	1	9	7
Cookie Bar, Assorted	1 oz	6	4	3	126	9	3	0	0	12	10
Cookie Cups	1 oz	5	3	3	113	5	3	0	1	16	11
Cookie Sandwich	1 oz	5	3	3	113	5	3	0	1	16	11
Cookies and Cream Cake	1 oz	4	3	2	89	5	2	0	1	11	8
Corn	1 oz	2	1	1	51	2	0	1	1	6	1
Corn Dogs, Mini	1 oz	3	2	2	86	5	1	0	2	7	2
Corn Nuggets	1 oz	2	2	2	67	3	0	0	1	10	2
Corn on the Cob	1 oz	1	1	1	29	0	0	0	0	6	2
Cottage Cheese	1 oz	0	0	0	23	0	0	0	4	1	1
Country Baked Chicken	1 oz	1	1	1	37	3	1	0	2	1	0
Country Fried Steak	n/a	19	15	14	555	38	11	1	15	39	1
Country Fried Steaks, Mini	1 oz	3	2	2	92	5	2	0	4	5	0
Crackers, Premium Gold®	1 oz	4	4	3	132	6	1	0	2	19	2
Crackers, Saltines	1 oz	3	3	3	113	3	0	0	2	21	0
Cranberry Nut Bread	1 oz	3	2	2	81	3	0	0	1	13	7
Creamed Corn	1 oz	1	1	0	23	0	0	0	0	5	1

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Creamed Pork Chops with Mushrooms and Carrots	1 oz	1	1	1	27	1	0	0	2	2	1
Creamy Italian Dressing	1 oz	4	3	3	105	10	1	0	0	3	3
Crispy Rice Treats	1 oz	5	3	3	119	5	1	0	1	19	9
Croutons	1 oz	3	3	2	108	3	0	1	3	17	1
Cucumber & Onion Salad	1 oz	2	1	2	55	5	1	0	0	2	1
Cucumber, Onion & Tomato Salad	1 oz	2	1	1	46	4	1	0	0	2	1
Cucumber, Sliced	1 oz	0	0	0	4	0	0	0	0	1	0
Deviled Egg Potato Salad	1 oz	2	1	1	47	3	1	0	1	3	0
Deviled Eggs	1 oz	2	2	2	76	7	1	0	3	0	0
Eggs, Diced	1 oz	1	1	1	44	3	1	0	4	0	0
Elbow Macaroni Salad	1 oz	2	2	2	62	4	1	0	1	5	2
Fiesta Rice	1 oz	1	1	1	24	1	0	0	0	4	0
Fire & Ice Salad	1 oz	0	0	0	8	0	0	0	0	2	1
Fish Fry	1 oz	1	2	1	57	2	0	0	3	7	0
French Fries	n/a	15	13	11	450	29	5	5	5	47	2
Fried Shrimp (14 pc)	n/a	24	21	18	767	35	7	1	30	85	15
Fried Shrimp (7 pc)	n/a	14	12	10	424	19	4	1	16	49	14
Fried Shrimp (Add-on)	n/a	9	7	6	263	10	2	1	9	34	13
Frito® Pie	1 oz	2	2	1	58	3	1	1	2	6	1
Full Rack BBQ Ribs	n/a	66	45	41	1,708	94	40	13	102	120	104
Garden Salad (No Dressing)	n/a	2	2	1	60	1	0	2	2	12	6
Garlic Butter Grilled Shrimp	n/a	26	22	21	792	65	15	2	23	30	2
Garlic Toast	1 oz	4	3	2	106	6	2	1	2	11	0
Garlic Toast	n/a	2	2	2	75	4	1	0	1	8	0
Gazpacho Salad	1 oz	1	0	0	17	1	0	0	0	1	1
Gelatin Parfait	1 oz	2	1	1	38	2	2	0	0	5	5
Gelatin, Assorted Red	1 oz	1	1	0	20	0	0	0	0	5	5
German Chocolate Brownies	1 oz	5	3	2	111	5	2	1	1	16	11
Goosey Butter Bar	1 oz	10	6	5	216	11	3	0	2	28	23
Grapes, Green or Red	1 oz	1	1	0	20	0	0	0	0	5	5
Greek Romaine Salad	1 oz	1	1	1	33	3	0	0	1	2	1
Green Bean Casserole	1 oz	1	1	1	39	3	1	0	1	3	1
Green Bean Casserole with Cheese	1 oz	1	1	1	28	2	1	0	1	2	1
Green Beans	1 oz	1	0	0	17	1	0	1	0	2	1
Green Beans, Country Style	1 oz	0	0	0	14	1	0	0	0	2	0
Grilled Cheese Sandwich	1 oz	3	3	2	95	5	2	0	3	10	2
Grilled Chicken	n/a	2	4	4	186	5	0	0	35	0	0
Grilled Chicken Caesar Salad	1 oz	1	1	1	34	2	0	0	3	1	0
Grilled Chicken Sandwich	n/a	23	23	19	846	34	7	7	49	91	4
Grilled Shrimp	n/a	30	25	24	888	77	17	1	22	28	2
Grilled Shrimp (Add-on)	n/a	12	10	10	371	28	6	1	12	18	2
Grillside Vegetables	1 oz	1	0	0	15	1	0	0	0	1	1
Half Rack BBQ Ribs	n/a	34	23	21	881	47	20	7	51	66	58
Half Rack BBQ Ribs & Chicken	n/a	46	34	30	1,284	60	22	9	89	102	79
Half Rack BBQ Ribs & Fried Shrimp	n/a	53	36	32	1,360	64	23	10	63	135	92
Halushki (Noodles and Cabbage)	1 oz	2	1	1	45	3	1	0	1	4	1
Ham and Cheese Roll Up	1 oz	3	2	2	78	4	2	0	4	6	0
Ham Carbonara	1 oz	1	1	1	27	2	0	0	2	5	1
Herb Baked Fish	1 oz	1	1	1	52	3	1	0	4	2	0
Hollandaise Sauce	1 oz	3	2	2	78	7	2	0	1	2	1
Homestyle Potato Salad	1 oz	1	0	1	40	0	0	0	0	0	0
Homestyle Roll	n/a	5	4	3	148	4	1	1	4	25	5
Homestyle Rolls	1 oz	3	2	2	83	2	0	0	2	14	3
Honey BBQ Chicken	n/a	21	18	14	675	19	6	4	49	79	26
Honey BBQ Chicken & Roasted Onions (using bone-in)		0	0	0							
Honey BBQ Chicken & Roasted Onions (using		0	0	0							
Honey Mustard Dressing	1 oz	4	3	3	107	9	1	0	0	7	6
Honeydew	1 oz	1	0	0	10	0	0	0	0	3	2
Hot Dog w/ fries	n/a	16	14	11	525	18	4	5	17	76	5
Hot Dogs	1 oz	2	2	2	71	4	1	0	3	6	1

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Hush Puppies	1 oz	4	3	3	106	7	1	1	1	10	1	
Icebox Lemon Pie	1 oz	2	1	1	45	1	0	0	0	10	8	
Iced Brownies	1 oz	5	3	2	101	4	1	1	1	17	12	
Italian Chicken Breast	n/a	17	17	14	653	22	n/a	6	5	55	66	5
Italian Pasta Salad	1 oz	1	1	1	32	2	0	0	1	6	1	
Italian Sausage & Peppers	1 oz	1	1	1	42	3	1	0	2	2	1	
Key Lime Pie	1 oz	3	2	2	69	2	1	0	0	13	9	
Kidney Bean Salad	1 oz	1	1	1	42	1	0	2	2	6	1	
King Ranch Casserole	1 oz	1	1	1	35	2	0	1	2	3	0	
Lemon Pudding Cake	1 oz	2	2	1	58	1	0	0	1	11	6	
Lettuce, Chopped Mix	1 oz	0	0	0	4	0	0	0	0	1	1	
Lettuce, Chopped Plain	1 oz	0	0	0	4	0	0	0	0	1	1	
Lettuce, Romaine and Iceberg Mix	1 oz	0	0	0	4	0	0	0	0	1	0	
Lettuce, Romaine Sliced	1 oz	0	0	0	5	0	0	1	0	1	0	
Lettuce, Shredded	1 oz	0	0	0	4	0	0	0	0	1	1	
Lima Beans	1 oz	1	1	1	26	0	0	0	1	6	2	
Loaded Baked Potato	n/a	11	9	7	343	10	3	4	9	56	3	
Loaded Mashed Potatoes	1 oz	1	1	1	37	2	1	0	1	3	0	
Loaded Nacho Casserole	1 oz	1	1	1	34	1	0	1	2	4	0	
Loster (Add-on)	n/a	17	14	14	499	48	10	1	16	3	1	
Loster, 4 oz	n/a	24	22	20	815	49	10	5	39	57	3	
Macaroni & Cheese	1 oz	2	1	1	48	3	1	0	1	4	1	
Macaroons	1 oz	6	3	2	112	5	5	1	2	15	13	
Maple Nut Swirl Cake	1 oz	4	3	2	102	4	1	0	1	16	10	
Margarine, Whipped	1 oz	4	3	3	114	12	2	0	0	3	3	
Marinated Baked Chicken	1 oz	2	2	2	74	6	1	0	5	0	0	
Marinated Vegetable Salad	1 oz	2	1	1	41	3	1	0	0	2	1	
Mashed Potatoes	1 oz	1	1	1	28	1	0	0	1	4	0	
Meat Sauce	1 oz	1	1	1	28	1	0	0	1	3	1	
Meatballs in Au Jus	1 oz	3	2	2	79	7	3	1	2	2	0	
Meatballs in BBQ Sauce	1 oz	4	2	2	83	5	2	1	2	8	6	
Meatballs in Gravy	1 oz	2	2	2	68	6	2	1	2	2	0	
Meatballs in Pasta Sauce	1 oz	3	2	2	69	6	2	1	2	2	1	
Meatballs in Sweet & Sour Sauce	1 oz	3	2	1	65	4	1	1	1	5	4	
Meatballs, Teriyaki	1 oz	3	2	2	84	7	2	1	2	3	1	
Meatloaf	1 oz	2	1	1	58	1	0	0	3	5	2	
Melons, Cantaloupe & Honeydew	1 oz	1	0	0	10	0	0	0	0	2	2	
Mini Parmesan Bake	1 oz	3	2	2	81	4	2	0	4	4	0	
Mini Parmesan Pasta Bake	1 oz	1	1	1	36	2	1	0	2	5	1	
Mint Chocolate Brownies	1 oz	5	3	2	106	4	1	1	1	18	14	
Mixed Apple Salad	1 oz	2	1	1	51	4	1	1	0	5	4	
Mixed Fruit Salad	1 oz	1	0	0	13	0	0	0	0	3	3	
Monterey Chicken Breast (Add-on)	n/a	25	20	19	725	49	7	0	35	38	37	
Mushroom Chicken	1 oz	1	1	1	33	2	1	0	3	1	0	
Mushroom Salad	1 oz	1	1	1	27	2	0	0	1	1	1	
Mushrooms & Onions (Add-on)	n/a	4	3	3	101	9	2	1	2	5	2	
Mushrooms (Add-on)	n/a	4	3	3	100	10	2	1	2	3	1	
Mushrooms, Fresh Sliced	1 oz	0	0	0	6	0	0	0	1	1	1	
New York Stri	n/a	14	14	13	540	32	11	0	58	2	0	
Northern Beans	1 oz	1	1	0	24	0	0	1	2	4	0	
Onion Straws	1 oz	2	2	2	72	4	1	1	1	9	1	
Onions, French Fried	1 oz	7	5	5	182	15	7	1	2	11	1	
Onions, Green Sliced	1 oz	0	0	0	6	0	0	0	0	1	1	
Onions, Green Whole	1 oz	0	0	0	9	0	0	1	1	2	1	
Onions, Sliced, Diced or Strips	1 oz	0	0	0	11	0	0	0	0	3	1	
Orange Chicken Salad	1 oz	1	1	1	38	2	0	0	1	3	2	
Orange Wedges	1 oz	1	0	0	13	0	0	1	0	4	3	
Oriental Pork & Vegetables	1 oz	1	1	1	38	2	1	0	3	2	1	
Pasta Bake	1 oz	1	1	1	36	3	1	0	2	4	1	
Pasta Carbonara	n/a	24	20	17	756	35	10	4	33	76	12	
Pasta Sauce	1 oz	1	1	0	19	1	0	1	0	3	1	

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Pasta Tuna Twister Salad	1 oz	2	2	2	66	4	1	0	2	5	0
Pasta with Spaghetti Sauce	1 oz	1	1	1	35	1	0	0	1	6	1
Pea Salad	1 oz	3	2	2	76	6	1	1	2	4	2
Peach Cobbler w/ Crumb Topping	1 oz	2	1	1	42	0	0	0	0	10	6
Peach Cobbler w/ Homest	1 oz	2	1	1	35	0	0	0	0	8	7
Peach Cornbread Cobbler	1 oz	2	2	1	54	0	0	0	1	13	7
Peaches, Canned	1 oz	1	0	0	18	0	0	0	0	4	3
Peanut Butter Chocolate Cups	1 oz	5	4	3	141	11	3	2	5	8	5
Peanut Butter Crispy Treats	1 oz	5	3	3	117	5	1	0	2	17	10
Peanut Butter Fudge	1 oz	5	3	3	118	6	1	1	3	16	14
Pears, Canned	1 oz	1	0	0	17	0	0	0	0	4	4
Peas, Green Cold	1 oz	1	1	0	22	0	0	1	2	4	1
Penne Bake Pasta	1 oz	1	1	0	20	1	0	0	1	5	1
Pepper Jack Au Gratin Potatoes	1 oz	0	0	0	12	1	0	0	1	1	0
Pepper Slaw	1 oz	1	1	1	32	2	0	0	0	4	3
Pepperoni Bread	1 oz	3	2	2	89	5	2	0	4	7	0
Pepperoni Pizza	1 oz	2	2	1	65	2	1	0	3	8	0
Peppers, Green Sliced or Diced	1 oz	0	0	0	6	0	0	0	0	1	1
Picante Sauce	1 oz	0	0	0	9	0	0	1	0	2	1
Pickled Beets	1 oz	1	1	0	23	0	0	0	0	5	4
Pineapple	1 oz	#####	0	0	14	0	--	0	0	4	3
Pineapple Tidbits	1 oz	1	0	0	14	0	0	0	0	3	3
Pineapple Upside Down Cake	1 oz	3	2	2	70	2	0	0	1	13	10
Pistachio Salad	1 oz	3	1	1	44	2	2	0	0	7	6
Popcorn Shrimp	1 oz	1	1	1	55	2	0	0	2	7	0
Popparoni Salad	1 oz	3	3	3	95	8	1	0	1	4	1
Pork and Sauerkraut, German Style	1 oz	1	1	1	30	2	1	0	2	1	1
Pork Chop Grilled	n/a	10	9	9	367	24	7	0	32	3	2
Pork Pot Roast	1 oz	1	1	1	35	2	1	0	3	1	0
Potato Wedges	1 oz	1	1	1	41	2	0	1	1	6	0
Poultry Gravy	1 oz	0	0	0	12	0	0	0	0	2	0
Prime Rib Steak, 10 oz	n/a	36	29	26	1,082	66	27	5	58	64	9
Prime Rib Steak, 8 oz	n/a	31	25	22	933	55	22	5	48	63	9
Pumpkin Bread Pudding	1 oz	2	2	1	65	2	0	1	1	11	5
Pumpkin Fluff Mousse	1 oz	3	1	1	58	3	3	1	0	7	3
Pumpkin Fluff Pie	1 oz	4	2	2	73	4	3	1	0	9	4
Pumpkin Nut Bread	1 oz	3	2	2	86	3	0	1	1	13	7
Pumpkin Pie	1 oz	3	2	1	63	3	1	1	1	9	4
Puppy Dogs	1 oz	2	2	2	74	5	1	0	3	5	0
Radishes, Sliced	1 oz	0	0	0	5	0	0	0	0	1	1
Raisin Bread	1 oz	3	2	2	76	1	0	0	2	15	8
Raisins, Plumped	1 oz	1	1	0	23	0	0	0	0	6	5
Ranger Cookies	1 oz	6	3	3	127	6	3	0	1	16	9
Red Boiled Potatoes	1 oz	1	1	1	24	1	0	0	1	4	0
Red Loaded Fried Potatoes	1 oz	1	1	1	34	2	0	0	1	4	0
Red Steamed Potatoes	1 oz	0	0	0	6	0	0	0	0	1	0
Rice Pilaf	1 oz	1	1	1	25	1	0	0	0	4	0
Rice Pilaf	n/a	5	4	4	161	6	1	1	3	25	1
Rio Grande Chicken	n/a	17	16	14	603	31	11	3	53	28	7
Rio Grande Steak	n/a	32	28	25	1,057	56	21	7	76	63	11
Roast Beef, Carved	1 oz	1	1	1	59	2	1	0	9	0	0
Roasted Pork Loin	1 oz	1	1	1	36	2	1	0	5	0	0
Roasted Turkey with Gravy	1 oz	0	1	1	21	1	0	0	3	1	0
Rodeo Mom's Grilled Chicken Salad	n/a	23	20	19	765	52	9	4	41	30	8
Salisbury Steak	1 oz	1	1	1	43	3	1	0	3	3	1
Salisbury Steak with Mashed Potatoes	1 oz	0	2	1	35	2	1	0	15	2	0
Salmon	n/a	10	10	10	405	26	5	1	40	2	1
Sausage and Cabbage	1 oz	1	1	1	27	2	1	1	1	2	1
Sausage and Peppers	1 oz	2	2	2	70	6	2	0	3	1	0

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Sausage O'Brien	1 oz	1	1	1	30	2	1	0	1	3	1
Sausage Roll-Up	1 oz	3	2	2	79	4	2	0	4	6	0
Sauteed Onions (Add-on)	n/a	3	2	2	87	7	2	1	1	6	2
Seafood Crab Cake	1 oz	3	3	3	100	8	1	0	2	5	1
Seafood Feast with Salmon	n/a	33	29	28	1,095	73	15	2	60	47	14
Seafood Feast with Tilapia	n/a	26	22	21	841	53	12	2	43	47	14
Seafood Pasta Salad	1 oz	1	1	1	32	2	0	0	1	5	1
Seafood Primavera	1 oz	1	1	1	32	1	0	0	1	4	1
Seafood Salad	1 oz	1	1	1	38	2	0	0	1	4	2
Seafood Scampi	1 oz	1	1	1	27	2	0	0	2	5	1
Shrimp, Peel & Eat	1 oz	0	0	0	17	0	0	0	3	0	0
Sirloin & Chicken Monterey	n/a	33	28	26	1,041	67	12	1	70	41	37
Sirloin & Fried Shrimp	n/a	16	15	13	565	27	6	1	44	36	14
Sirloin & Grilled Chicken Breast	n/a	10	13	12	496	23	5	0	70	2	0
Sirloin & Grilled Shrimp	n/a	8	9	9	374	19	5	1	45	5	1
Sirloin & Lobster	n/a	15	16	13	633	19	5	6	58	59	3
Sirloin Tips (Double order)	n/a	25	22	21	851	56	16	3	68	19	9
Sirloin Tips (Single Order)	n/a	14	13	12	477	34	9	2	34	9	4
Smiley Fries	1 oz	2	2	1	58	3	0	1	1	8	0
S'more Brownies	1 oz	5	3	2	112	5	1	1	1	17	11
Smothered Beef Tips	n/a	29	25	22	929	52	14	7	45	74	11
Smothered Chopped Steak	n/a	30	17	20	778	60	24	1	7	10	3
Smothered Meatloaf	1 oz	1	1	1	51	1	0	0	3	3	1
Snicker Doodle Cookies	1 oz	5	3	2	116	4	1	1	1	18	11
Soft Serve, Chocolate	1 oz	2	1	1	30	1	1	0	0	6	5
Soft Serve, Vanilla	1 oz	3	1	1	31	1	6	0	0	6	5
Sour Cream	1 oz	2	2	2	56	5	2	0	1	3	2
Sour Cream and Dill Potato Salad	1 oz	2	2	2	64	6	1	0	0	3	0
Southwest Potato Casserole	1 oz	1	1	0	28	1	0	1	1	4	0
Spinach	1 oz	0	0	0	7	0	0	1	1	1	0
Spinach and Cranberry Salad	1 oz	1	1	1	37	3	0	0	0	4	2
Spinach and Cranberry Salad with Pecans	1 oz	2	1	1	45	3	0	1	1	4	2
Spinach Salad	1 oz	1	1	1	36	2	0	1	1	3	1
Spring Salad	1 oz	2	1	1	50	4	1	0	1	3	1
Steakhouse Grillside Potatoes	1 oz	1	1	1	34	2	0	0	1	4	0
Stewed Tomatoes	1 oz	0	0	0	8	0	0	0	0	2	1
Stir Fried Rainbow Vegetables	1 oz	9	7	7	251	28	4	0	0	0	0
Strawberries, Fresh	1 oz	1	0	0	10	0	0	0	0	2	2
Strawberry Ambrosia	1 oz	2	1	1	38	2	1	0	0	6	5
Strawberry Balsamic Salad	1 oz	1	1	1	34	3	1	1	1	2	1
Strawberry Cake w/ Cream Cheese Icing	1 oz	4	2	2	88	3	1	0	1	14	11
Strawberry Cake w/ White Icing	1 oz	3	2	2	73	2	1	0	1	12	9
Strawberry Cream Cheese Cups	1 oz	4	2	2	75	4	2	0	1	9	8
Strawberry Cupcake w/ Cream Cheese Icing	1 oz	5	3	2	104	5	2	0	0	15	12
Strawberry Cupcake w/ Whipped Icing	1 oz	4	2	2	69	3	2	0	1	11	8
Strawberry Cupcake w/ White Icing	1 oz	4	2	2	79	3	2	0	1	12	9
Strawberry Mousse	1 oz	4	2	2	66	4	4	0	0	7	7
Strawberry Mousse Cake	1 oz	4	3	2	93	4	1	0	1	14	10
Strawberry Yogurt	1 oz	1	#####	0	24	0	0	--	1	5	4
Stuffed Peppers	1 oz	1	1	1	30	1	0	0	2	3	1
Stuffing, Seasoned	1 oz	1	1	1	46	2	0	0	1	6	1
Stuffing, Traditional	1 oz	2	1	1	49	2	0	0	1	6	1
Succotash	1 oz	1	1	1	29	1	0	0	1	5	1
Sugar Cookie Pie	1 oz	5	3	3	116	5	2	0	1	16	9
Sugar Cookies	1 oz	5	3	3	117	5	1	0	1	18	10
Sugar Free Chocolate Cookies	1 oz	3	3	2	101	4	1	1	2	16	0
Sugar Free Ginger Spice Cake	1 oz	2	2	1	56	2	0	0	1	11	0
Sugar Free Green Apple Gelatin	1 oz	0	0	0	8	0	0	0	0	2	0
Sugar Free Mocha Cake	1 oz	2	1	1	45	2	1	0	1	6	0

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Sugar Free Oatmeal Cookies	1 oz	3	3	2	98	3	1	0	2	17	0
Sugar Free Peanut Butter Cookies	1 oz	4	3	3	123	7	2	1	2	14	0
Sugar Free Pistachio Cake	1 oz	2	1	1	45	2	1	0	1	6	0
Sugar Free Watermelon Gelatin	1 oz	0	0	0	8	0	0	0	0	2	0
Summer Berry Parfait	1 oz	2	1	1	43	3	3	0	0	4	3
Sunflower Seeds	1 oz	5	5	4	162	14	2	3	7	5	1
Sunset Grilled Chicken Sandwich	n/a	37	27	22	1000	29	7	3	51	138	78
Sweet & Spicy Orange Chicken	1 oz	2	2	1	58	3	1	0	3	5	4
Sweet & Tangy Dressing	1 oz	5	4	3	122	10	2	0	0	9	8
Sweet & Tangy Pork	1 oz	2	2	1	51	1	0	0	2	10	7
Sweet and Sour Chicken Lo Mein	1 oz	1	1	1	28	1	0	0	1	4	2
Sweet Country Corn Muffin	1 oz	3	2	2	74	1	0	0	1	16	8
Sweet Country Corn Muffin	n/a	5	3	3	122	1	0	0	2	26	14
Sweet Potato Casserole	1 oz	3	2	1	59	3	1	0	0	9	7
Taco Chips	1 oz	5	4	3	142	7	2	1	2	17	0
Taco Meat	1 oz	2	2	1	52	4	2	0	4	1	0
Taco Shells	1 oz	4	3	3	133	5	1	2	2	19	0
Tartar Sauce	1 oz	4	3	3	104	10	2	0	0	3	3
Texas Mixed BBQ	1 oz	2	1	1	48	3	1	0	3	3	2
Third Rack of Ribs (Add-on)	n/a	25	17	14	623	31	13	4	34	53	47
Thousand Island Dressing	1 oz	5	4	4	132	12	2	0	0	5	4
Tilapia	n/a	4	4	4	167	6	2	1	23	5	1
Tomatoes, Cherry	1 oz	0	0	0	5	0	0	0	0	1	1
Tomatoes, Diced	1 oz	0	0	0	5	0	0	0	0	1	1
Tomatoes, Grape	1 oz	0	0	0	8	0	0	0	0	2	1
Tomatoes, Wedges	1 oz	0	0	0	5	0	0	0	0	1	1
Tooty Fruity Crispy Treats	1 oz	5	3	3	118	5	1	0	1	19	11
Turkey Carbonara	1 oz	1	1	1	29	2	0	0	3	5	1
Turkey, Julienne Slice	1 oz	1	1	1	41	2	1	0	4	1	1
Twice Baked Potatoes	1 oz	2	1	1	45	3	1	0	1	4	1
Vanilla Pudding	1 oz	2	1	1	38	1	1	0	0	7	5
Vegetable Medley	1 oz	1	0	0	17	1	0	1	0	2	1
Very Berry Cobbler w/ Crumb Topping	1 oz	2	1	1	42	0	0	0	0	9	6
Watermelon	1 oz	1	0	0	9	0	0	0	0	2	2
Western Chicken Pot Pie	1 oz	1	1	1	38	2	1	0	1	4	1
Western Patty Melt	n/a	31	23	21	887	49	19	4	42	66	21
Whipped Topping	1 oz	5	2	2	80	7	6	0	0	5	5
White Rice	1 oz	1	1	1	30	0	0	0	1	6	0
Yellow Cake	1 oz	4	2	2	78	3	1	0	1	12	8
Yellow Cupcake w/ Chocolate Icing	1 oz	3	0	2	87		1				
Yellow Cupcake w/ Cream Cheese Icing	1 oz	5	3	3	114	6	2	0	1	15	13
Yellow Cupcake w/ White Icing	1 oz	5	2	2	89	4	3	0	1	12	9
Zucchini Bread	1 oz	3	3	2	88	4	0	0	1	13	7
Zucchini, Shredded or Sliced	1 oz	0	0	0	5	0	0	0	0	1	1