





Lee's Famous Recipe Chicken - Menu Nutrition

Updated as of: 7/1/2019

	Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Classic Chicken*</b>															
Famous Recipe Chicken Breast	1 breast	590	330	38	7	0	2.5	4.5	120	1370	370	18			44
Famous Recipe Chicken Keel	1 keel	320	180	20	3.5	0	1	2.5	65	700	200	9			23
Famous Recipe Chicken Leg	1 leg	190	130	14	3	0	1	2	35	370	100	5			11
Famous Recipe Chicken Side Breast	1 side breast	410	240	27	5	0	1.5	3	90	670	270	8			32
Famous Recipe Chicken Thigh	1 thigh	460	310	35	7	0	3.5	6	95	820	240	10			26
Famous Recipe Chicken Wing	1 wing	210	140	16	3	0	1.5	2.5	30	430	70	6			10
Oven Roast Chicken Breast	1 breast	270	90	10	3		2	4	115	670	330	1			40
Oven Roast Chicken Keel	1 keel	180	60	7	2		1.5	2.5	70	450	210	2			26
Oven Roast Chicken Leg	1 leg	90	45	5	1.5		1	2	35	210	90	1			10
Oven Roast Chicken Side Breast	1 side breast	200	70	8	2		1.5	3	85	370	250	1			30
Oven Roast Chicken Thigh	1 thigh	220	120	14	4		3	5	80	410	200	1			22
Oven Roast Chicken Wing	1 wing	90	50	6	1.5		1	2.5	25	310	55	1			8
Spicy Chicken Breast	1 breast	680	410	46	8	0	2.5	4	115	1050	340	21		2	43
Spicy Chicken Keel	1 keel	460	260	29	5	0	1.5	2.5	70	510	200	21		1	27
Spicy Chicken Leg	1 leg	270	170	20	3.5	0	1.5	2.5	40	270	100	11			13
Spicy Chicken Side Breast	1 side breast	580	320	36	6	0	1.5	3	85	500	250	30		1	33
Spicy Chicken Thigh	1 thigh	590	350	40	8	0	3	6	85	310	210	30			27
Spicy Chicken Wing	1 wing	270	180	20	4	0	1.5	2.5	30	180	65	12			11
<b>Boneless Chicken*</b>															
Famous Breast Strip	1 strip	190	100	11	2	0	0	0.5	40	530	125	7			15
Famous Breast Strip: Add BBQ Sauce	Amount/strip	20	0	0						125		4		3	
Famous Breast Strip: Add Buffalo Sauce	Amount/strip	0								210					
Oven Roast Breast Strip	1 strip	80	15	2	0		0	0.5	40	280	125	1			15
Spicy Breast Strip	1 strip	180	90	11	1.5	0	0	0.5	35	290	105	7			13
Spicy Jumbo Dippers	1 cup	420	210	24	4	0	1	1.5	90	200	270	16			34
Spicy Jumbo Dippers	1 box	1690	850	96	16	1	3	5	355	800	1060	65		3	136
<b>Other Entrees*</b>															
Alaskan Walleye Fish Fillet	1 piece	190	110	12	2	0	0	0	45	720	190	9			11
Alaskan Walleye Fish Sandwich	1 sandwich	550	230	26	3.5	0	0.5	0	85	1680	550	49	3	5	28
BBQ Chicken Sandwich	1 sandwich	400	120	13	2	0	1	2	60	1050	160	45	1	19	24
BBQ Chicken Slider	1 slider	310	110	13	2	0	1	0.5	40	900	160	30	2	7	19
Beer Battered Fish	1 piece	190	120	13	2	0	0	0	50	140	220	4			12
Breast Strip Sandwich	1 sandwich	520	210	24	3.5	0	0.5	1	80	1300	250	41	1	5	35
Buffalo Chicken Slider	1 slider	290	110	12	2	0	1	0.5	40	990	160	26	2	3	19
Butterfly Shrimp	1 shrimp	50	25	3	0	0			15	105		4			2
Chicken Pot Pie	1 pot pie	850	430	49	26	0	3	6	95	1780	620	66	4	7	35
Chicken Slider Sandwich	1 slider	360	170	19	3	0	1	0.5	40	790	170	28	2	4	19
Country Fried Steak	2 steaks	620	400	45	11	1.5	1	8	65	580		35	1		20
Country Gizzards	Regular	190	90	11	1.5	0	0	0	195	460	105	6			16
Country Gizzards	Large	380	190	21	3.5	0	0	0.5	385	930	210	12			33
Famous Fish Fillets	1 order	510	320	37	5	0			100	1500	580	16			27
Fish Sandwich	1 sandwich	440	200	23	3	0			60	1100	330	37	1	4	20
Gizzards	Regular	600	270	30	4.5	0	0	0.5	400	3030	260	43		2	37
Gizzards	Large	1190	530	60	9	1	1	1	795	6050	520	87		4	73
Jumbo Spicy Wingette - BBQ Sauce	1 wingette	260	180	20	3.5	0	1	2	20	490	50	12		5	8
Jumbo Spicy Wingette - Buffalo Sauce	1 wingette	230	170	20	3.5	0	1	2	20	660	50	6			8
Jumbo Spicy Wingette - Plain/No Sauce	1 wingette	230	170	20	3.5	0	1	2	20	320	50	6			8
Livers	Regular	610	320	36	7	0	2	2	885	1850	530	26			43
Livers	Large	1220	640	73	14	1	4	4.5	1765	3690	1060	52		1	85
Pulled Pork	6 oz	440	250	28	10	0	3.5	12	160	1210	610	3		3	42
Pulled Pork	1 lb	1190	650	74	27	0.5	9	33	425	3220	1620	8		7	113
Pulled Pork Sandwich	Regular	480	220	24	9	0	3.5	9	115	1100	410	31		7	33
Pulled Pork Sandwich	Large	630	300	34	13	0	4.5	13	170	1500	610	32		8	47
Roast Marinated Party Wings	5 piece	550	400	46	10	0	5	9	105	870	230	1			33
Roast Marinated Party Wings	10 piece	1110	800	91	20	0.5	10	19	205	1740	450	2		1	67
Spare Ribs	Regular	1180	850	97	28	0.5	13	32	295	1200	830	21	1	17	60
Spare Ribs	Large	1770	1280	145	43	1	20	48	445	1800	1240	32	2	26	89
Spare Ribs	1 rack	3550	2560	290	85	2	39	95	890	3600	2480	64	3	52	179

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Spicy Marinated Party Wings	1 piece	110	80	9	2	0	1	2	20	260	45	0			6
Spicy Marinated Party Wings	5 piece	540	390	44	9	0	5	9	100	1320	220	1		1	32
Spicy Marinated Party Wings	10 piece	1070	770	88	19	0.5	10	18	200	2640	440	3		3	64
<b>Sides*</b>															
Apple Sauce	1 cup	90								10		22	2	19	
BBQ Baked Beans	Regular	130	15	2	0.5					470		25	5	12	5
BBQ Baked Beans	Large	530	60	7	2.5				5	1860		99	20	46	21
BBQ Baked Beans	1/2 gallon	2270	260	30	11				25	7940		423	84	195	89
BBQ Baked Beans	1 gallon	4540	530	60	21				45	15880		846	168	390	178
Biscuits	1 biscuit	230	110	12	3.5	2.5	1.5	0.5		700		25	1	2	3
Biscuits	1/2 dozen	1360	640	72	21	15	10	4		4220		150	6	12	18
Broccoli Pasta Salad	Regular	150	100	11	2				5	270	70	11		1	2
Broccoli Pasta Salad	Large	430	290	33	5				15	810	210	34	2	4	7
Broccoli Pasta Salad	1/2 gallon	3450	2310	262	43		0	0	105	6470	1640	269	20	35	56
Broccoli Pasta Salad	1 gallon	6900	4630	523	86		0.5	0	215	12940	3290	537	39	70	112
Brown Gravy	Regular	15	0	0	0		0	0		290	0	3			0
Brown Gravy	Large	90	10	1	0		0	0		1680	25	17		1	2
Brown Gravy	1 quart	350	40	5	1.5	0	1.5	1.5		6720	105	69	1	5	7
Brown Gravy	1/2 gallon	700	80	10	3	0	2.5	3		13440	210	139	2	9	14
Brown Gravy	1 gallon	1410	170	19	6	0	5	6	3	26870	420	278	5	18	28
Buttered Corn	Regular	130	70	8	4.5	0	0.5	2	20	50	200	16	2	3	2
Buttered Corn	Large	500	260	29	18	1	2	8	70	200	750	61	8	10	8
Buttered Corn	1/2 gallon	2660	1390	157	94	6	11	41	385	1050	3980	326	41	52	45
Buttered Corn	1 gallon	5320	2780	314	188	12	22	82	775	2110	7960	653	81	104	89
Cajun Rice	Regular	80	15	2	0		1	0		280	20	13			1
Cajun Rice	Large	370	80	9	1.5	0	5	2		1380	105	64	3	1	7
Cajun Rice	1/2 gallon	1580	350	39	7	0.5	22	8		5870	440	272	15	5	29
Cajun Rice	1 gallon	3170	690	79	14	1	44	17		11740	880	544	29	10	58
Chicken and Noodles	Regular	150	25	3	1		0	0	45	250	25	22	1		7
Chicken and Noodles	Large	310	60	6	2		0	0.5	100	530	55	47	3	1	15
Cole Slaw with Lee's Fresh-Made Dressing	Regular	120	60	6	1.5		1.5	0	10	390	110	15	2	13	1
Cole Slaw with Lee's Fresh-Made Dressing	Large	590	270	31	7		7	2.5	35	1870	530	71	8	62	4
Cole Slaw with Lee's Fresh-Made Dressing	1/2 gallon	2810	1320	149	34		31	11	175	8960	1560	340	37	300	19
Cole Slaw with Lee's Fresh-Made Dressing	1 gallon	5620	2630	298	67		63	22	350	17930	5110	679	73	600	37
Cole Slaw with Lee's Cole Slaw Dressing	Regular	170	110	12	1.5				10	300	120	16	2	13	1
Cole Slaw with Lee's Cole Slaw Dressing	Large	690	430	49	7		0		45	1210	480	65	7	53	3
Cole Slaw with Lee's Cole Slaw Dressing	1/2 gallon	3310	2080	235	32		0	0	210	5790	2320	312	33	255	17
Cole Slaw with Lee's Cole Slaw Dressing	1 gallon	6620	4160	470	65		0.5	0	425	11570	4640	624	66	511	34
Corn on the Cob	Regular	220	50	6	0.5	0	2.5	1		45		37	4	5	5
Corn on the Cob	Large	650	150	17	2	0	7	2.5		130		111	12	15	15
Country Cabbage	Regular	120	60	7	1.5	0	3	1	3	320	190	16	2	13	2
Country Cabbage	Large	400	190	22	5	0	9	3.5	10	1040	610	53	6	43	5
Crackling Gravy	Regular	20	5	1	0		0	0		250	5	3			0
Crackling Gravy	Large	130	45	5	0.5	0	0			1470	40	19			2
Crackling Gravy	1 quart	520	170	20	3	0	0	0		5880	150	76	1	3	8
Crackling Gravy	1/2 gallon	1040	350	40	6	0	0	0		11770	300	151	2	5	17
Crackling Gravy	1 gallon	2080	700	79	12	1	1	0	2	23540	610	302	4	10	33
Fried Okra	1.5 scoops	160	90	11	1.5	0				240	100	14	2	2	2
Fried Okra	8 scoops	860	500	57	8	0.5				1300	540	76	9	9	9
Fried Okra	Regular	110	60	7	1	0				160	65	10	1	1	1
Fried Okra	Large	430	250	28	4	0				650	270	38	4	4	4
Fried Okra	1/2 gallon	2300	1350	152	22	2				3460	1430	203	24	24	24
Fried Okra	1 gallon	4600	2690	305	43	4				6930	2870	406	48	48	48
Fried Pickles	1 piece	80	50	5	1	0				310		7			1
Fried Pickles	Regular	250	140	16	2	0				930		22	2	3	3
Fried Pickles	Large	670	380	43	6	0.5				2480		59	5	8	8
Green Beans	Regular	30	20	2	0.5				3	320	60	3			1
Green Beans	Large	130	70	8	3				15	1320	260	10	3	3	4
Green Beans	1/2 gallon	710	400	45	16				70	7020	1370	55	14	14	19
Green Beans	1 gallon	1420	800	90	33				145	14040	2750	111	28	28	39
Homestyle Baked Beans	Regular	120	10	1.5	0					430	20	23	5	9	6
Homestyle Baked Beans	Large	570	50	6	2		0	0		1990	95	106	25	41	26
Homestyle Baked Beans	1/2 gallon	2420	220	25	8		0.5	0		8510	410	450	106	173	109
Homestyle Baked Beans	1 gallon	4840	440	50	15		1	1		17020	810	901	211	346	218
Hot Apples	Regular	90								10	90	25	2	20	
Hot Apples	Large	350								35	340	95	7	77	



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Hot Apples	1/2 gallon	1600								160	1540	432	32	352	
Hot Apples	1 gallon	3200								320	3070	864	64	704	
Jalapeno Peppers	1 pepper	0	0	0						0	30	1			0
Jalapeno Poppers	1 piece	100	60	7	1.5	0			5	280		8			2
Jalapeno Poppers	Regular	290	170	20	4.5	0			15	850		23	1	1	6
Jalapeno Poppers	Large	790	470	53	12	0.5			40	2280		60	4	4	16
Macaroni and Cheese	Regular	250	60	7	2.5				10	470		37	2	4	9
Macaroni and Cheese	Large	1150	270	31	11				45	2170		173	9	18	40
Macaroni and Cheese	1/2 gallon	5540	1320	149	53				215	10440		831	43	85	192
Macaroni and Cheese	1 gallon	11070	2640	298	106				425	20870		1661	85	170	383
Macaroni Salad	Regular	250	200	22	5		0	0	35	320	25	10			3
Macaroni Salad	Large	1220	950	108	24		1.5	0.5	160	1550	125	47	3	4	15
Macaroni Salad	1/2 gallon	6030	4690	531	119	0	7	3	790	7670	620	233	16	21	76
Macaroni Salad	1 gallon	12060	9390	1062	237	0	14	6	1585	15330	1250	466	31	41	151
Macaroni Salad (Ron's/St. Clair)	Regular	170	90	10	1.5				10	190	35	15		4	2
Macaroni Salad (Ron's/St. Clair)	Large	870	440	50	7				60	950	180	77	2	22	10
Macaroni Salad (Ron's/St. Clair)	1/2 gallon	4180	2110	239	36				300	4540	850	370	12	107	48
Macaroni Salad (Ron's/St. Clair)	1 gallon	8360	4220	478	72				595	9070	1700	740	24	215	96
Mashed Potatoes	Regular	50	5	0.5						200	150	11			1
Mashed Potatoes	Large	240	25	3						950	700	51	3	3	6
Mashed Potatoes	1/2 gallon	1160	130	14						4540	3350	246	14	14	29
Mashed Potatoes	1 gallon	2320	260	29						9070	6690	492	29	29	58
Potato Salad (Ron's/St. Clair)	Regular	190	120	13	2				10	370	230	18	2	5	1
Potato Salad (Ron's/St. Clair)	Large	880	550	62	10				50	1690	1070	81	10	23	7
Potato Salad (Ron's/St. Clair)	1/2 gallon	3220	2010	227	36				180	6210	3930	299	36	84	24
Potato Salad (Ron's/St. Clair)	1 gallon	6450	4010	454	72				360	12420	7860	597	72	167	48
Potato Wedges	Regular	320	170	20	3	0	0			750	610	34	2	2	4
Potato Wedges	Large	750	410	46	7	0.5	0			1750	1400	79	6	4	9
Potato Wedges	1/2 gallon	1870	1010	115	17	1.5	0			4370	3510	197	14	10	22
Potato Wedges	1 gallon	3750	2030	229	33	3	0.5			8740	7020	394	29	19	43
Red Beans and Rice	Regular	130	35	4	1.5				10	430	0	18	6	2	7
Red Beans and Rice	Large	570	140	16	6				30	1820	0	78	26	10	28
Red Beans and Rice	1/2 gallon	2420	600	68	27				135	6930	5	331	112	41	119
Red Beans and Rice	1 gallon	4840	1200	136	54				270	13860	15	663	224	81	238
Smoked BBQ Baked Beans	Regular	150	5	0.5	0		0	0		390	350	31	7	14	7
Smoked BBQ Baked Beans	Large	590	25	3	0		1.5	0.5	4	1510	1360	121	26	53	25
White Gravy	Regular	40	20	2.5	1					170	0	4			
White Gravy	Large	170	90	10	3.5					770	0	17		3	
White Gravy	1 quart	710	380	43	14					3150	10	71		14	
White Gravy	1/2 gallon	1420	750	85	28					6300	15	142		28	
White Gravy	1 gallon	2840	1510	171	57					12610	30	284		57	
<b>Sauces*</b>															
Bonsai	1 portion cup	100								380		26		25	
Chipotle Ranch	1 portion cup	170	160	18	2.5				10	460		3		2	
Cocktail Sauce	1 portion cup	35								530		7		6	1
Country BBQ	1 portion cup	60	10	1						370		12		10	
Creamy Ranch	1 portion cup	250	230	26	4				15	460		2		2	
Fiery Buffalo	1 portion cup	15	10	1						870		1			
Honey Mustard	1 portion cup	220	190	22	3.5				20	160		5		5	
Honey BBQ Sauce	2.5 oz	110	15	2						560	0	25		21	
Honey BBQ Sauce	8 oz	340	50	6						1800	10	79		67	0
Spicy Pepper	1 portion cup	100	40	4.5	0.5					570		14		13	
Tartar Sauce	1 portion cup	220	200	23	3.5				20	240		4		4	
<b>Drinks*</b>															
Barq's Root Beer	Kids	220								90		60		59	
Caffeine Free Diet Pepsi	Kids									50	70				
Coca Cola	Kids	200								60		54		54	
Coca Cola Cherry	Kids	200								45		56		56	
Diet Coca Cola	Kids									55					
Diet Dr. Pepper	Kids									80					
Diet Mountain Dew	Kids									80	90				
Diet Pepsi	Kids									50	70				
Dr. Pepper	Kids	200								80		53		51	
Fanta Strawberry	Kids	230								20		62		62	
Hi C Fruit Punch	Kids	210								20		56		56	
Mello Yellow	Kids	230								60		63		63	

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Minute Maid Lemonade	Kids	180								130	25	50		48	
Minute Maid Light Lemonade	Kids	10								70		2			
Mist TWST	Kids	200								40	90	54		54	
Mountain Dew	Kids	220								70	10	58		58	
Mountain Dew Code Red	Kids	220								70	10	62		62	
Mug Root Beer	Kids	200								30	20	52		52	
Pepsi	Kids	200								40		56		56	
Pepsi Max	Kids									50	90				
Pibb Xtra	Kids	190								55		52		52	
Sierra Mist	Kids	200								40	90	54		54	
SoBe Lifewater Yumberry Pomegranate	Kids									60	70				
Sprite	Kids	200	0	0						45	0	50		44	0
Sun Orchard Lemonade	Kids	240										66		62	
Sweet Tea	Kids	170								15	180	44		43	
Tropicana Fruit Punch	Kids	220								50	200	60		60	
Tropicana Lemonade	Kids	200								210		54		54	
Tropicana Pink Lemonade	Kids	200								210		54		54	
Tropicana Twister Orange	Kids	220								50	40	62		60	
Unsweetened Tea	Kids	0								15	180	1			
Barq's Root Beer	Regular	300								125		83		81	
Caffeine Free Diet Pepsi	Regular									70	95				
Coca Cola	Regular	270								85		74		74	
Coca Cola Cherry	Regular	270								65		77		77	
Diet Coca Cola	Regular									75					
Diet Dr. Pepper	Regular									110					
Diet Mountain Dew	Regular									110	125				
Diet Pepsi	Regular									70	95				
Dr. Pepper	Regular	270								110		73		70	
Fanta Strawberry	Regular	310								25		85		85	
Hi C Fruit Punch	Regular	290								25		77		77	
Mello Yellow	Regular	310								80		86		86	
Minute Maid Lemonade	Regular	250								180	35	69		66	
Minute Maid Light Lemonade	Regular	15								95		3			
Mist TWST	Regular	280								55	125	74		74	
Mountain Dew	Regular	300								95	15	80		80	
Mountain Dew Code Red	Regular	300								95	15	85		85	
Mug Root Beer	Regular	280								40	25	72		72	
Pepsi	Regular	280								55		77		77	
Pepsi Max	Regular									70	125				
Pibb Xtra	Regular	260								75		71		71	
SoBe Lifewater Yumberry Pomegranate	Regular									80	95				
Sprite	Regular	270	0	0						60	5	69		61	0
Sun Orchard Lemonade	Regular	330										91		85	
Sweet Tea	Regular	230								20	240	61		59	
Tropicana Fruit Punch	Regular	300								70	280	83		83	
Tropicana Lemonade	Regular	280								290		74		74	
Tropicana Pink Lemonade	Regular	280								290		74		74	
Tropicana Twister Orange	Regular	300								70	55	85		83	
Unsweetened Tea	Regular	5								20	240	2			
Barq's Root Beer	Large	430								180		120		118	
Caffeine Free Diet Pepsi	Large									100	140				
Coca Cola	Large	400								120		108		108	
Coca Cola Cherry	Large	400								95		112		112	
Diet Coca Cola	Large									110					
Diet Dr. Pepper	Large									160					
Diet Mountain Dew	Large									160	180				
Diet Pepsi	Large									100	140				
Dr. Pepper	Large	400								160		106		102	
Fanta Strawberry	Large	450								35		124		124	
Hi C Fruit Punch	Large	420								35		112		112	
Mello Yellow	Large	450								120		125		125	
Minute Maid Lemonade	Large	360								260	50	100		96	
Minute Maid Light Lemonade	Large	20								140		4			
Mist TWST	Large	400								80	180	108		108	
Mountain Dew	Large	440								140	20	116		116	
Mountain Dew Code Red	Large	440								140	20	124		124	
Mug Root Beer	Large	400								60	40	104		104	
Pepsi	Large	400								80		112		112	



	Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
Pepsi Max	Large									100	180					
Pibb Xtra	Large	370								105		104		104		
SoBe Lifewater Yumberry Pomegranate	Large									120	140					
Sprite	Large	390	0	0						90	10	100		89	0	
Sun Orchard Lemonade	Large	480										132		124		
Sweet Tea	Large	340								30	350	88		85		
Tropicana Fruit Punch	Large	440								100	400	120		120		
Tropicana Lemonade	Large	400								420		108		108		
Tropicana Pink Lemonade	Large	400								420		108		108		
Tropicana Twister Orange	Large	440								100	80	124		120		
Unsweetened Tea	Large	10								30	350	3				
Bottled Water	1 bottle									20	5					
Coffee	Regular	0	0	0				0		5	170				0	
Coffee	Large	0	0	0				0		10	230				1	
Decaf Coffee	Regular									5	190				0	
Decaf Coffee	Large									10	260				0	
2% Milk	1 cup	120	45	5	3	0	0	2.5	20	115	340	12		12	8	
Skim Milk	1 cup	80	0	0	0			0	5	105	380	12		12	8	
Whole Milk	1 cup	150	70	8	4.5		0	2	25	105	320	12		13	8	
Country Time Lemonade	1 gallon	1780								380	40	452		449		
Minute Maid Lemonade	1 gallon	1760								240		464		448		
Minute Maid Lemonade	1/2 gallon	880								120		232		224		
Sweet Tea	1 gallon	1350			0		0			115	1410	352		340		
Sweet Tea	1/2 gallon	680					0			60	700	176		170		
Tropicana Lemonade	1 gallon	1600								1680		432		432		
Tropicana Lemonade	1/2 gallon	800								840		216		216		
Tropicana Pink Lemonade	1 gallon	1600								1680		432		432		
Tropicana Pink Lemonade	1/2 gallon	800								840		216		216		
Unsweetened Tea	1 gallon	40			0		0			115	1400	11				
Unsweetened Tea	1/2 gallon	20					0			55	700	6				
Vitamin Water Power C Dragonfruit	1 bottle	120										32		32		
Vitamin Water Revive Fruit Punch	1 bottle	120									870	32		32		
Vitamin Water XXX Acai-Blueberry Pomegranate	1 bottle	120										33		32		
Vitamin Water Zero Squeezed	1 bottle	0										5				
<b>Desserts*</b>																
Apple Turnover	1 turnover	340	210	23	5	0				140		33		14	1	
Fried Apple Pie	1 pie	440	280	32	6	2.5			2	640	30	36	2	11	3	
Milk Chocolate Chunk Cookie	1 cookie	260	90	10	5	0			10	240	85	39		22	3	
Pecan Pie	1 slice	380	190	21	6				50	180	70	47	1	20	3	
White Chocolate Macadamia Nut Cookie	1 cookie	270	110	13	7	0				190	70	37		22	3	
<b>Breakfast*</b>																
Bacon	Regular	90	70	8	2.5				10	260					3	
Bacon	Large	170	140	16	5				15	520					7	
Bacon Breakfast Biscuit	1 biscuit	390	230	26	10	0	4.5	4.5	10	910	0	31		3	8	
Bacon, Egg & Cheese Biscuit	1 biscuit	540	340	39	15	0	5	6	210	1220	60	31		3	16	
Biscuit Sandwich: Add Cheese	1 slice	50	40	4.5	2.5				15	260					2	
Biscuit Sandwich: Add Fried Egg	1 egg	100	70	8	2	0	0.5	1.5	190	65	60	0			6	
Breakfast Biscuit	1 biscuit	300	160	18	8	0	4.5	4.5		650	0	31		3	5	
Chicken Biscuit	1 biscuit	560	290	32	10	0	5	5	55	1180	180	40		3	27	
Chicken Filet	1 piece	260	130	15	2.5	0	0.5	1	55	540	180	10			22	
Gravy Biscuit	1 biscuit	390	210	23	9	0	4.5	4.5		1040	0	40		4	5	
Hash Browns	1 hash brown	90	60	7	1.5	0				110	90	6			0	
Hash Browns	2 hash browns	170	120	13	2.5	0				220	180	12			1	
Orange Juice	1 bottle	140								20	560	33		28	2	
Pork Chop	1 piece	290	170	19	1.5	0	6	2.5		300		16			11	
Pork Chop Biscuit	1 biscuit	590	330	37	9	0	4.5	4.5		940	0	47		3	16	
Sausage	Regular	190	140	16	5				45	500					11	
Sausage	Large	380	280	32	10				90	1000					22	
Sausage Biscuit	1 biscuit	490	300	34	13	0	4.5	4.5	45	1150	0	31		3	16	
Sausage Gravy Biscuit	1 biscuit	420	230	25	10	0	4.5	4.5	5	1110	0	40		4	6	
Scrambled Eggs	Regular	160	120	13	3	0	4.5	1.5	210	290		1			8	
Scrambled Eggs	Large	310	240	27	6	0	9	3.5	420	580		2			16	
Steak Biscuit	1 biscuit	610	360	40	13	1	5	9	35	940	0	48		3	15	
Super Cinnamon Swirl	1 swirl	660	280	32	13	0	6	2.5		1280	0	86	2	44	8	
<b>Buffet*</b>																
Apple Cobbler	1 piece	230	70	8	3.5					280		39		20	2	

Updated as of: 7/1/2019

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Banana Pudding	1 spoodle	110	25	2.5			0.5	2		125		19		12	
Blackberry Cobbler	1 piece	280	80	9	2	2				250		47	2	22	2
Broccoli Pasta Salad	1 spoodle	160	110	12	2				5	310	80	13		2	3
Chocolate Pudding	1 spoodle	100	20	2.5	2					140		19		13	1
Cole Slaw with Lee's Fresh-Made Dressing	1 spoodle	140	60	7	1.5		1.5	0.5	10	430	125	16	2	15	1
Cole Slaw with Lee's Cole Slaw Dressing	1 spoodle	190	120	14	2				10	340	135	18	2	15	1
Country Fried Steak	1 piece	310	200	22	5	1	0	4	35	290		17			10
Famous Fish Fillet	1 piece	150	90	10	1.5	0			30	430	170	5			8
Gizzards	1 piece	45	20	2	0	0			30	220	20	3			3
Livers	1 piece	70	40	4.5	1	0	0	0	105	220	65	3			5
Macaroni & Cheese	1 spoodle	280	70	8	2.5				10	530		42	2	4	10
Macaroni Salad (Ron's/St. Clair)	1 spoodle	200	100	11	1.5				15	210	40	17		5	2
Macaroni Salad (Sandridge)	1 spoodle	240	100	11	2				25	660		30		9	5
Mashed Potatoes	1 spoodle	60	5	0.5						220	160	12			1
Peach Cobbler	1 piece	250	80	9	2	2				250		40		17	2
Potato Salad (Ron's/St. Clair)	1 spoodle	150	90	11	1.5				10	290	180	14	2	4	1
Potato Wedges	1 piece	40	25	2.5	0	0				100	80	4			0
Spicy Jumbo Dippers	1 piece	80	40	5	1	0	0	0	15.0	40	50	3			7

The nutrition information seen here was prepared by MenuTrinco®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulation may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

\* Some items are not available at all locations.