

## 55+ MEALS

|  | Serving Size | Calories | Fat (g) | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| 55+ Country-Fried Steak w/ gravy & dinner bread (add side choices) | 8 oz         | 580      | 32      | 290               | 1.5            | 12                | 60        | 1350        | 53        | 2         | 21          | 3         |
| 55+ Grilled Cheese Sandwich & Soup (add soup choice)               | 8 oz         | 790      | 45      | 410               | 0.5            | 23                | 100       | 2070        | 64        | 2         | 36          | 3         |
| 55+ Omelette w/ hash browns & white toast                          | 16 oz        | 900      | 57      | 510               | 0.5            | 16                | 525       | 1910        | 60        | 2         | 34          | 5         |
| 55+ Scrambled Eggs & Cheddar Breakfast                             | 17 oz        | 1010     | 58      | 520               | 0              | 21                | 615       | 2530        | 80        | 3         | 41          | 21        |
| 55+ Starter™ (add egg & meat choices)                              | 7 oz         | 420      | 18      | 160               | 0              | 3.5               | 0         | 860         | 54        | 1         | 7           | 2         |
| 55+ Wild Alaska Salmon w/ dinner bread (add side choices)          | 9 oz         | 540      | 31      | 280               | 0              | 8                 | 115       | 1300        | 27        | 1         | 37          | 2         |

## CONDIMENTS

|                                  |            |           |         |           |         |           |         |           |         |       |       |         |
|----------------------------------|------------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-------|-------|---------|
| Balsamic Vinaigrette, Low-Fat    | 1.5 / 3 oz | 60 / 130  | 2 / 4   | 20 / 35   | 0       | 0 / 0.5   | 0       | 250 / 500 | 11 / 23 | 0     | 0     | 11 / 21 |
| BBO Sauce                        | 1.5 oz     | 90        | 0       | 0         | 0       | 0         | 0       | 350       | 23      | 0     | 0     | 20      |
| Blue Cheese Dressing             | 1.5 / 3 oz | 150 / 310 | 16 / 32 | 140 / 280 | 0 / 0.5 | 3.5 / 7   | 25 / 50 | 320 / 640 | 2 / 3   | 0     | 2 / 3 | 0 / 1   |
| Bourbon Sauce                    | 1 oz       | 110       | 0       | 5         | 0       | 0         | 0       | 270       | 26      | 0     | 0     | 24      |
| Brown Gravy                      | 1 oz       | 10        | 0       | 0         | 0       | 0         | 0       | 130       | 2       | 0     | 0     | 0       |
| Buffalo Sauce                    | 1.5 oz     | 110       | 12      | 110       | 0       | 2         | 0       | 1010      | 1       | 0     | 0     | 0       |
| Country Gravy                    | 1 oz       | 20        | 1.5     | 10        | 0       | 0         | 0       | 105       | 2       | 0     | 0     | 0       |
| Cream Cheese Icing               | 1.5 oz     | 150       | 4       | 35        | 0       | 2.5       | 5       | 45        | 28      | 0     | 0     | 27      |
| Creamer - French Vanilla         | 13 ml      | 30        | 1       | 10        | 0       | 0.5       | 0       | 0         | 5       | 0     | 0     | 5       |
| Croutons                         | 0.5 oz     | 70        | 2.5     | 20        | 0       | 0         | 0       | 200       | 11      | 0     | 2     | 1       |
| Diner Q Sauce                    | 1.5 oz     | 220       | 21      | 190       | 0       | 3.5       | 15      | 310       | 9       | 0     | 0     | 8       |
| French Dressing                  | 1.5 / 3 oz | 130 / 260 | 8 / 17  | 70 / 150  | 0       | 1.5 / 2.5 | 0       | 430 / 850 | 14 / 28 | 0 / 1 | 0 / 1 | 8 / 16  |
| Honey Mustard Dressing           | 1.5 / 3 oz | 190 / 370 | 15 / 31 | 140 / 280 | 0       | 2.5 / 5   | 15 / 25 | 200 / 410 | 12 / 24 | 0     | 0 / 1 | 7 / 15  |
| Italian Dressing, Fat-Free       | 1.5 / 3 oz | 20 / 40   | 0 / 0.5 | 0 / 5     | 0       | 0         | 0       | 410 / 830 | 4 / 8   | 0     | 0     | 3 / 6   |
| Maple-Flavored Syrup             | 2 oz       | 220       | 0       | 0         | 0       | 0         | 0       | 40        | 54      | 0     | 0     | 29      |
| Maple-Flavored Syrup, Sugar-Free | 2 oz       | 15        | 0       | 0         | 0       | 0         | 0       | 110       | 6       | 0     | 0     | 0       |
| Pico de Gallo                    | 2 oz       | 15        | 0       | 0         | 0       | 0         | 0       | 75        | 3       | 1     | 1     | 2       |
| Ranch Dressing                   | 1.5 / 3 oz | 200 / 390 | 21 / 42 | 190 / 380 | 0       | 4 / 8     | 10 / 20 | 290 / 580 | 1 / 2   | 0     | 0     | 0 / 1   |
| Sour Cream                       | 1 oz       | 45        | 4       | 40        | 0       | 2         | 15      | 5         | 1       | 0     | 1     | 0       |
| Thousand Island Dressing         | 1.5 / 3 oz | 180 / 350 | 16 / 33 | 150 / 290 | 0       | 2.5 / 5   | 25 / 45 | 410 / 820 | 7 / 15  | 0 / 1 | 0 / 1 | 7 / 13  |
| Tomato Sauce                     | 1.5 oz     | 25        | 1       | 10        | 0       | 0         | 0       | 190       | 3       | 0     | 1     | 2       |
| Whipped Margarine                | 0.5 oz     | 40        | 4.5     | 40        | 0       | 1.5       | 0       | 35        | 0       | 0     | 0     | 0       |



## FOOD ALLERGIES?

Scan the QR code for our allergen guide or see server.

## KIDS' ENTRÉES

|  | Serving Size | Calories | Fat (g) | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| <b>Build Your Own Jr. Grand Slam®</b>                  |              |          |         |                   |                |                   |           |             |           |           |             |           |
| Bacon Strips   | 2            | 100      | 8       | 70                | 0              | 3                 | 20        | 350         | 1         | 0         | 7           | 1         |
| Bacon Strip & Sausage Link                             | 1 ea         | 130      | 12      | 100               | 0              | 4                 | 30        | 350         | 1         | 0         | 6           | 1         |
| Egg, Boiled (1)  | 2 oz         | 60       | 4       | 40                | 0              | 1.5               | 165       | 60          | 0         | 0         | 6           | 0         |
| Egg, Fried / Basted (1)                                | 2 oz         | 90       | 8       | 70                | 0              | 2                 | 165       | 100         | 0         | 0         | 6           | 0         |
| Egg, Scrambled (1)                                     | 2 oz         | 110      | 9       | 80                | 0              | 2.5               | 240       | 180         | 1         | 0         | 7           | 0         |
| Egg White (1)  | 2 oz         | 40       | 0       | 0                 | 0              | 0                 | 0         | 115         | 0         | 0         | 7           | 0         |
| Hash Browns  | 2 oz         | 90       | 4       | 35                | 0              | 0.5               | 0         | 220         | 11        | 1         | 1           | 0         |
| Sausage Links  | 2            | 160      | 15      | 140               | 0              | 5                 | 40        | 340         | 0         | 0         | 6           | 0         |
| Silver Dollar Pancakes                                 | 3            | 190      | 7       | 60                | 0              | 2                 | 25        | 550         | 29        | 1         | 4           | 8         |
| Toast, White, w/ margarine                             | 1            | 120      | 5       | 45                | 0              | 1                 | 0         | 200         | 15        | 1         | 3           | 1         |
| Turkey Bacon Strips                                    | 2            | 70       | 4       | 35                | 0              | 1                 | 30        | 330         | 1         | 0         | 7           | 1         |
| Jr. Anniversary Pancakes (add side)                    | 3            | 330      | 8       | 70                | 0              | 4                 | 20        | 570         | 60        | 1         | 5           | 31        |
| Jr. Cheeseburger (add side)                            | 6 oz         | 470      | 25      | 220               | 1.5            | 12                | 95        | 1000        | 34        | 1         | 27          | 5         |
| Jr. Chocolate Chip Pancakes (add side)                 | 3            | 220      | 6       | 50                | 0              | 3                 | 20        | 510         | 38        | 2         | 5           | 15        |
| Jr. Mac & Cheese (add side)                            | 7 oz         | 300      | 9       | 80                | 0              | 2.5               | 10        | 650         | 44        | 2         | 10          | 8         |
| Jr. Premium Chicken Tenders (add dipping sauce & side) | 2            | 270      | 16      | 140               | 0              | 2                 | 40        | 1000        | 15        | 1         | 18          | 0         |
| Add a Chicken Tender                                   | 1            | 140      | 8       | 70                | 0              | 1                 | 20        | 500         | 8         | 1         | 9           | 0         |

## KIDS' SIDES

|   |        |     |     |     |   |     |    |     |    |   |   |    |
|---|--------|-----|-----|-----|---|-----|----|-----|----|---|---|----|
| Fresh Banana Slices                                     | 1 serv | 110 | 0   | 0   | 0 | 0   | 0  | 0   | 27 | 3 | 1 | 14 |
| Broccoli  | 4 oz   | 35  | 0   | 0   | 0 | 0   | 0  | 180 | 6  | 3 | 3 | 1  |
| Goldfish® Crackers                                      | 1 oz   | 120 | 4   | 40  | 0 | 1   | 10 | 210 | 17 | 1 | 3 | 0  |
| Grapes  | 3 oz   | 60  | 0   | 0   | 0 | 0   | 0  | 0   | 14 | 1 | 1 | 12 |
| Herb Glazed Corn  | 1 serv | 300 | 18  | 160 | 0 | 3.5 | 0  | 280 | 30 | 8 | 6 | 13 |
| Jr. Garden Salad (add dressing choice)                  | 3 oz   | 80  | 2.5 | 25  | 0 | 0   | 0  | 210 | 13 | 1 | 2 | 2  |
| Red Rustic Mashed Potatoes™ (add optional gravy choice) | 1 serv | 250 | 11  | 100 | 0 | 7   | 35 | 940 | 32 | 8 | 5 | 5  |

## KIDS' DESSERTS

|                           |       |     |    |     |   |    |     |     |    |   |    |    |
|---------------------------|-------|-----|----|-----|---|----|-----|-----|----|---|----|----|
| Jr. Ice Cream: Chocolate  | 4 oz  | 270 | 15 | 130 | 0 | 10 | 60  | 60  | 30 | 0 | 5  | 23 |
| Strawberry                | 4 oz  | 230 | 12 | 100 | 0 | 7  | 50  | 85  | 32 | 0 | 3  | 22 |
| Vanilla                   | 4 oz  | 250 | 15 | 130 | 0 | 10 | 60  | 90  | 27 | 0 | 3  | 22 |
| Jr. Milk Shake: Chocolate | 12 oz | 680 | 32 | 290 | 0 | 21 | 120 | 160 | 89 | 0 | 12 | 70 |
| OREO® Blender Blaster™    | 12 oz | 760 | 41 | 370 | 0 | 24 | 120 | 430 | 90 | 1 | 11 | 65 |
| Strawberry                | 12 oz | 550 | 26 | 230 | 0 | 16 | 105 | 200 | 77 | 1 | 9  | 56 |
| Vanilla                   | 12 oz | 620 | 32 | 290 | 0 | 21 | 120 | 220 | 78 | 0 | 9  | 68 |

## DESSERTS

|   |       |     |    |     |   |    |     |     |     |   |    |    |
|---|-------|-----|----|-----|---|----|-----|-----|-----|---|----|----|
| Brownie Sundae with OREO® Pieces                                | 10 oz | 900 | 33 | 290 | 0 | 14 | 60  | 520 | 144 | 1 | 9  | 98 |
| Lava Cookie Skillet™  | 9 oz  | 820 | 40 | 360 | 0 | 25 | 140 | 460 | 108 | 0 | 10 | 73 |
| New York Style Cheesecake Plain                                 | 5 oz  | 490 | 32 | 290 | 1 | 19 | 150 | 370 | 42  | 1 | 9  | 29 |
| New York Style Cheesecake w/ Strawberry Topping & Whipped Cream | 7 oz  | 560 | 33 | 300 | 1 | 19 | 150 | 370 | 57  | 1 | 9  | 42 |
| Oven-Baked Caramel Apple Pie Crisp                              | 12 oz | 740 | 28 | 260 | 0 | 16 | 80  | 380 | 115 | 0 | 7  | 82 |

## DRINKS & SHAKES

|                                | Serving Size | Calories | Fat (g) | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|--------------------------------|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Chocolate Milk (reduced fat)   | 15 oz        | 290      | 4.5     | 40                | 0              | 2                 | 25        | 300         | 46        | 0         | 16          | 46        |
| Coffee                         | 8 oz         | 0        | 0       | 0                 | 0              | 0                 | 0         | 0           | 0         | 0         | 0           | 0         |
| Coffee, Sweet Cream Cold Brew  | 8 oz         | 190      | 4.5     | 40                | 0              | 3                 | 15        | 30          | 38        | 1         | 1           | 30        |
| FUZE® Raspberry Tea            | 12 oz        | 110      | 0       | 0                 | 0              | 0                 | 0         | 55          | 28        | 0         | 0           | 28        |
| Hot Chocolate                  | 8 oz         | 190      | 3       | 30                | 0              | 1.5               | 5         | 260         | 37        | 0         | 2           | 30        |
| Hot Tea / Herbal Tea           | 8 oz         | 0        | 0       | 0                 | 0              | 0                 | 0         | 0           | 0         | 0         | 0           | 0         |
| Iced Tea (Unsweet / Sweet)     | 12 oz        | 5 / 160  | 0       | 0                 | 0              | 0                 | 0         | 10          | 1 / 40    | 0         | 0           | 0 / 39    |
| Juices: Apple                  | 15 oz        | 210      | 0       | 0                 | 0              | 0                 | 0         | 10          | 52        | 0         | 1           | 49        |
| Orange                         | 15 oz        | 210      | 0       | 0                 | 0              | 0                 | 0         | 0           | 51        | 0         | 3           | 45        |
| Ruby Red Grapefruit            | 15 oz        | 240      | 0       | 0                 | 0              | 0                 | 0         | 65          | 60        | 0         | 2           | 60        |
| Tomato                         | 15 oz        | 90       | 0       | 0                 | 0              | 0                 | 0         | 1130        | 19        | 2         | 4           | 11        |
| Lemonade                       | 12 oz        | 150      | 0       | 0                 | 0              | 0                 | 0         | 0           | 40        | 0         | 0           | 37        |
| Lemonade Iced Tea              | 12 oz        | 80       | 0       | 0                 | 0              | 0                 | 0         | 5           | 21        | 0         | 0           | 19        |
| Mango Lemonade                 | 15 oz        | 210      | 0       | 0                 | 0              | 0                 | 0         | 0           | 57        | 0         | 0           | 53        |
| 2% Milk                        | 15 oz        | 230      | 9       | 80                | 0              | 6                 | 35        | 220         | 22        | 0         | 15          | 22        |
| Milk Shakes: Chocolate         | 16 oz        | 870      | 43      | 390               | 0              | 28                | 160       | 220         | 111       | 0         | 17          | 87        |
| OREO®                          | 17 oz        | 1050     | 56      | 500               | 0              | 32                | 160       | 610         | 125       | 2         | 15          | 90        |
| Strawberry                     | 17 oz        | 780      | 34      | 310               | 0              | 22                | 140       | 270         | 114       | 0         | 12          | 86        |
| Vanilla                        | 16 oz        | 800      | 43      | 390               | 0              | 28                | 160       | 290         | 97        | 0         | 12          | 84        |
| Smoothies: Mango               | 15 oz        | 340      | 0       | 5                 | 0              | 0                 | 0         | 95          | 86        | 0         | 3           | 78        |
| Strawberry Banana              | 15 oz        | 330      | 0.5     | 5                 | 0              | 0                 | 0         | 95          | 82        | 2         | 4           | 68        |
| Tropical Green                 | 15 oz        | 340      | 0.5     | 5                 | 0              | 0                 | 0         | 105         | 86        | 2         | 4           | 73        |
| Soft Drinks: Barq's Root Beer® | 12 oz        | 200      | 0       | 0                 | 0              | 0                 | 0         | 80          | 55        | 0         | 0           | 55        |
| Coca-Cola®                     | 12 oz        | 180      | 0       | 0                 | 0              | 0                 | 0         | 40          | 49        | 0         | 0           | 49        |
| Coca-Cola® Zero Sugar          | 12 oz        | 0        | 0       | 0                 | 0              | 0                 | 0         | 45          | 0         | 0         | 0           | 0         |
| Diet Coke®                     | 12 oz        | 0        | 0       | 0                 | 0              | 0                 | 0         | 55          | 0         | 0         | 0           | 0         |
| Dr Pepper®                     | 12 oz        | 140      | 0       | 0                 | 0              | 0                 | 0         | 45          | 39        | 0         | 0           | 39        |
| Fanta® Orange                  | 12 oz        | 190      | 0       | 0                 | 0              | 0                 | 0         | 50          | 52        | 0         | 0           | 51        |
| Hi-C® Fruit Punch              | 12 oz        | 190      | 0       | 0                 | 0              | 0                 | 0         | 65          | 52        | 0         | 0           | 50        |
| Mello Yello                    | 12 oz        | 190      | 0       | 0                 | 0              | 0                 | 0         | 55          | 49        | 0         | 0           | 49        |
| Sprite®                        | 12 oz        | 170      | 0       | 0                 | 0              | 0                 | 0         | 80          | 47        | 0         | 0           | 47        |
| Vanilla Flavor Shot            | 1 oz         | 80       | 0       | 0                 | 0              | 0                 | 0         | 5           | 21        | 0         | 0           | 21        |
| Strawberry Lemonade            | 12 oz        | 210      | 0       | 0                 | 0              | 0                 | 0         | 0           | 55        | 0         | 0           | 50        |

## KIDS' DRINKS

|                                |       |       |   |    |   |     |    |       |      |   |    |      |
|--------------------------------|-------|-------|---|----|---|-----|----|-------|------|---|----|------|
| Apple Juice                    | 10 oz | 140   | 0 | 0  | 0 | 0   | 0  | 5     | 35   | 0 | 0  | 33   |
| Chocolate Milk (reduced fat)   | 10 oz | 190   | 3 | 30 | 0 | 1.5 | 15 | 200   | 31   | 0 | 11 | 31   |
| Hot Chocolate                  | 8 oz  | 190   | 3 | 30 | 0 | 1.5 | 5  | 260   | 37   | 0 | 2  | 30   |
| Jr. Mango Smoothie             | 10 oz | 190   | 0 | 0  | 0 | 0   | 0  | 50    | 50   | 0 | 2  | 46   |
| Jr. Strawberry Banana Smoothie | 10 oz | 190   | 0 | 0  | 0 | 0   | 0  | 50    | 48   | 2 | 2  | 37   |
| Lemonade                       | 8 oz  | 100   | 0 | 0  | 0 | 0   | 0  | 0     | 26   | 0 | 0  | 24   |
| 2% Milk                        | 10 oz | 150   | 6 | 50 | 0 | 4   | 25 | 140   | 15   | 0 | 10 | 15   |
| Orange Juice                   | 10 oz | 140   | 0 | 0  | 0 | 0   | 0  | 0     | 34   | 0 | 2  | 30   |
| Soft Drinks                    | 8 oz  | 0-120 | 0 | 0  | 0 | 0   | 0  | 25-50 | 0-33 | 0 | 0  | 0-33 |



# Nutrition Guide

APRIL 2024

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based upon special ordering. For additional information, please call 800-733-6697 or visit [dennys.com](http://dennys.com).

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

| <b>BUILD YOUR OWN GRAND SLAM®</b>           | Serving Size | Calories  | Fat (g)  | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|---|--------------|-----------|----------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Bacon Strips                                | 2            | 100       | 8        | 70                | 0              | 3                 | 20        | 350         | 1         | 0         | 7           | 1         |
| Buttermilk Biscuit                          | 1            | 230       | 13       | 120               | 0              | 8                 | 0         | 520         | 26        | 1         | 3           | 3         |
| Eggs, Boiled (2)                            | 4 oz         | 130       | 8        | 80                | 0              | 3                 | 325       | 125         | 1         | 0         | 11          | 0         |
| Eggs, Fried / Basted (2)                    | 4 oz         | 190       | 16       | 140               | 0              | 4                 | 325       | 200         | 1         | 0         | 11          | 0         |
| Eggs, Scrambled (2)                         | 4 oz         | 220       | 17       | 150               | 0              | 5                 | 480       | 360         | 1         | 0         | 14          | 0         |
| Egg Whites (2)                              | 4 oz         | 80        | 1        | 10                | 0              | 0                 | 0         | 230         | 1         | 0         | 13          | 0         |
| English Muffin w/o margarine / w/ margarine | 1            | 140 / 190 | 1 / 6    | 10 / 60           | 0              | 0 / 1             | 0         | 220 / 270   | 29        | 1         | 5           | 1         |
| Grilled Ham Slice                           | 3 oz         | 120       | 4        | 35                | 0              | 1.5               | 40        | 860         | 7         | 0         | 14          | 6         |
| Hash Browns                                 | 5 oz         | 180       | 8        | 70                | 0              | 1.5               | 0         | 460         | 24        | 1         | 1           | 1         |
| Pancakes, Buttermilk                        | 2            | 450       | 11       | 100               | 0              | 3.5               | 60        | 1390        | 77        | 2         | 10          | 20        |
| Pancakes, Hearty 9-Grain                    | 2            | 410       | 11       | 100               | 0              | 4                 | 40        | 880         | 68        | 5         | 10          | 21        |
| Sausage Links                               | 2            | 160       | 15       | 140               | 0              | 5                 | 40        | 340         | 0         | 0         | 6           | 0         |
| Seasonal Fruit                              | 6 oz         | 100       | 0        | 5                 | 0              | 0                 | 0         | 5           | 25        | 3         | 1           | 17        |
| Toast, White, w/o margarine / w/ margarine  | 2            | 160 / 240 | 1.5 / 10 | 15 / 90           | 0              | 0 / 2             | 0         | 320 / 400   | 31        | 0         | 5           | 2         |
| Turkey Bacon Strips                         | 2            | 70        | 4        | 35                | 0              | 1                 | 30        | 330         | 1         | 0         | 7           | 1         |

## SIGNATURE SLAMS®

|  |       |      |    |     |     |     |     |      |     |   |    |    |
|--|-------|------|----|-----|-----|-----|-----|------|-----|---|----|----|
| All-American Slam® w/ hash browns & white toast                | 18 oz | 1170 | 80 | 720 | 0.5 | 27  | 825 | 2340 | 57  | 1 | 50 | 3  |
| Fit Slam®  | 15 oz | 450  | 12 | 110 | 0   | 2.5 | 30  | 860  | 59  | 5 | 27 | 22 |
| French Toast Slam® (add egg choice)                            | 9 oz  | 780  | 45 | 400 | 0   | 13  | 150 | 1450 | 71  | 3 | 24 | 23 |
| Lumberjack Slam® w/ hash browns & white toast (add egg choice) | 21 oz | 1230 | 56 | 510 | 0   | 16  | 160 | 3900 | 135 | 3 | 44 | 26 |
| Original Grand Slam® (add egg choice)                          | 11 oz | 710  | 34 | 310 | 0   | 12  | 120 | 2090 | 78  | 2 | 23 | 21 |
| Strawberry Stuffed French Toast Slam® (add egg choice)         | 18 oz | 1210 | 60 | 540 | 0.5 | 23  | 205 | 1820 | 135 | 6 | 35 | 67 |
| Strawberry Stuffed French Toast À La Carte                     | 16 oz | 950  | 37 | 330 | 0.5 | 15  | 145 | 1130 | 134 | 6 | 22 | 66 |

## PANCAKES SLAMS®

|   | Serving Size | Calories | Fat (g) | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|---|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Choconana Pancake Slam® (add hash browns, egg & meat choices)                           | 2            | 840      | 25      | 220               | 0              | 14                | 60        | 1360        | 149       | 9         | 15          | 74        |
| Cinnamon Roll Pancake Slam® w/ cream cheese icing (add hash browns, egg & meat choices) | 2            | 1100     | 26      | 230               | 0              | 11                | 65        | 1700        | 207       | 4         | 10          | 145       |
| Double Berry Banana Pancake Slam® (add hash browns, egg & meat choices)                 | 2            | 490      | 7       | 60                | 0              | 2.5               | 60        | 1360        | 97        | 6         | 11          | 32        |
| Hearty 9-Grain Pancake Slam® (add hash browns, egg & meat choices)                      | 2            | 400      | 11      | 100               | 0              | 4.5               | 40        | 870         | 68        | 5         | 10          | 21        |

## FRENCH CREPES

|   |       |     |    |     |   |     |    |     |    |   |   |    |
|---|-------|-----|----|-----|---|-----|----|-----|----|---|---|----|
| Berry Vanilla One Crepe Breakfast w/ hash browns (add egg & meat choices) | 10 oz | 440 | 20 | 180 | 0 | 6   | 15 | 670 | 60 | 3 | 5 | 23 |
| Berry Vanilla Two Crepe Breakfast w/ hash browns (add egg & meat choices) | 16 oz | 710 | 32 | 290 | 0 | 11  | 30 | 880 | 96 | 5 | 9 | 45 |
| Berry Vanilla One Crepe À La Carte  | 6 oz  | 270 | 12 | 110 | 0 | 4.5 | 15 | 210 | 36 | 2 | 4 | 22 |
| Berry Vanilla Two Crepes À La Carte                                       | 12 oz | 530 | 24 | 220 | 0 | 9   | 30 | 430 | 73 | 4 | 7 | 44 |

## OMELETTES

|  |       |      |    |     |     |    |     |      |    |   |    |    |
|--|-------|------|----|-----|-----|----|-----|------|----|---|----|----|
| Loaded Veggie Omelette w/ hash browns & white toast        | 19 oz | 920  | 56 | 500 | 0.5 | 16 | 740 | 1540 | 63 | 3 | 36 | 6  |
| Mile High Denver Omelette w/ hash browns & white toast     | 19 oz | 1090 | 67 | 600 | 1   | 21 | 800 | 3130 | 69 | 2 | 51 | 12 |
| Moons Over My Hammy® Omelette w/ hash browns & white toast | 19 oz | 1080 | 67 | 600 | 1   | 21 | 800 | 2760 | 64 | 1 | 52 | 9  |
| Philly Cheesesteak Omelette w/ hash browns & white toast   | 21 oz | 1130 | 71 | 630 | 1   | 21 | 785 | 2010 | 63 | 2 | 54 | 5  |
| Ultimate Omelette® w/ hash browns & white toast            | 21 oz | 1140 | 77 | 690 | 0.5 | 23 | 780 | 2110 | 63 | 3 | 44 | 7  |

## BUILD YOUR OWN OMELETTE

|                                    |        |     |     |     |   |     |     |     |   |   |    |   |
|------------------------------------|--------|-----|-----|-----|---|-----|-----|-----|---|---|----|---|
| American Cheese                    | 1 sl   | 80  | 7   | 60  | 0 | 4   | 20  | 390 | 1 | 0 | 4  | 1 |
| Bacon                              | 2 sl   | 100 | 8   | 70  | 0 | 3   | 20  | 350 | 1 | 0 | 7  | 1 |
| Caramelized Onions                 | 1 oz   | 70  | 7   | 60  | 0 | 1   | 0   | 210 | 2 | 1 | 0  | 1 |
| Cheddar Cheese                     | 1 oz   | 80  | 6   | 60  | 0 | 3.5 | 20  | 120 | 0 | 0 | 5  | 0 |
| Chorizo Sausage                    | 3 oz   | 330 | 27  | 240 | 0 | 10  | 75  | 830 | 4 | 0 | 17 | 0 |
| Fire-Roasted Bell Peppers & Onions | 2 oz   | 70  | 6   | 60  | 0 | 1   | 0   | 110 | 4 | 1 | 0  | 2 |
| Fresh Avocado                      | 1 serv | 90  | 8   | 70  | 0 | 1   | 0   | 0   | 5 | 4 | 1  | 0 |
| Fresh Spinach                      | 0.5 oz | 5   | 0   | 0   | 0 | 0   | 0   | 10  | 0 | 0 | 0  | 0 |
| Ham                                | 3 oz   | 120 | 4   | 35  | 0 | 1.5 | 40  | 860 | 7 | 0 | 14 | 6 |
| Jalapeños                          | 1 oz   | 5   | 0   | 0   | 0 | 0   | 0   | 440 | 1 | 0 | 0  | 1 |
| Omelette, Egg White, Plain         | 7 oz   | 110 | 1.5 | 10  | 0 | 0   | 0   | 340 | 1 | 0 | 20 | 1 |
| Omelette, Plain                    | 7 oz   | 340 | 26  | 230 | 0 | 7   | 720 | 540 | 2 | 0 | 21 | 0 |
| Pepper Jack Queso                  | 2 oz   | 100 | 7   | 70  | 0 | 3   | 15  | 360 | 5 | 0 | 3  | 2 |
| Pico de Gallo                      | 2 oz   | 15  | 0   | 0   | 0 | 0   | 0   | 75  | 3 | 1 | 1  | 2 |
| Sausage                            | 1.5 oz | 180 | 17  | 150 | 0 | 5   | 30  | 330 | 0 | 0 | 6  | 0 |
| Sautéed Mushrooms                  | 1 oz   | 50  | 6   | 50  | 0 | 1   | 0   | 55  | 1 | 0 | 1  | 0 |
| Swiss Cheese                       | 1 sl   | 80  | 6   | 60  | 0 | 4   | 20  | 45  | 0 | 0 | 6  | 0 |
| Tomatoes                           | 2 oz   | 10  | 0   | 0   | 0 | 0   | 0   | 0   | 2 | 1 | 0  | 1 |
| Turkey Bacon Strips                | 2 sl   | 70  | 4   | 35  | 0 | 1   | 30  | 330 | 1 | 0 | 7  | 1 |

## SIGNATURE BREAKFASTS

|   | Serving Size | Calories | Fat (g) | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|---|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Classic Benny Breakfast w/ hash browns  | 15 oz        | 730      | 37      | 330               | 0              | 12                | 400       | 2020        | 64        | 2         | 32          | 9         |
| Country-Fried Steak & Eggs w/ gravy, hash browns & white toast (add egg choice) | 14 oz        | 810      | 43      | 390               | 1.5            | 13                | 60        | 1850        | 82        | 2         | 22          | 4         |
| Moons Over My Hammy® w/ hash browns   | 18 oz        | 1040     | 54      | 490               | 1              | 18                | 560       | 2960        | 90        | 3         | 47          | 4         |
| Santa Fe Sizzlin'® Skillet (add egg choice)                                     | 12 oz        | 770      | 58      | 520               | 0.5            | 19                | 95        | 1890        | 38        | 4         | 27          | 4         |
| Sirloin Steak & Eggs w/ hash browns & white toast (add egg choice)              | 16 oz        | 770      | 36      | 320               | 0              | 8                 | 125       | 1930        | 56        | 1         | 50          | 3         |
| Southwestern Benny Breakfast w/ hash browns                                     | 17 oz        | 950      | 60      | 540               | 0              | 20                | 435       | 2100        | 65        | 3         | 36          | 5         |
| T-Bone Steak & Eggs w/ hash browns & white toast (add egg choice)               | 18 oz        | 910      | 49      | 440               | 1              | 16                | 120       | 2190        | 55        | 1         | 59          | 3         |
| Grand Slamwich® w/ hash browns  | 19 oz        | 1280     | 77      | 690               | 1              | 26                | 595       | 3580        | 92        | 3         | 54          | 7         |

## À LA CARTE SIDES

|   |         |           |          |         |   |       |     |           |    |   |    |    |
|---|---------|-----------|----------|---------|---|-------|-----|-----------|----|---|----|----|
| Bacon Strips                                | 4       | 210       | 16       | 150     | 0 | 6     | 45  | 700       | 2  | 0 | 14 | 1  |
| Biscuit & Gravy                             | 5 oz    | 320       | 20       | 180     | 0 | 10    | 10  | 820       | 31 | 1 | 5  | 4  |
| Buttermilk Biscuits                         | 2       | 450       | 26       | 230     | 0 | 15    | 0   | 1040      | 52 | 2 | 6  | 6  |
| Cheddar Cheese Hash Browns                  | 5 oz    | 250       | 14       | 130     | 0 | 6     | 20  | 580       | 24 | 1 | 6  | 1  |
| Egg, Boiled (1)                             | 2 oz    | 60        | 4        | 40      | 0 | 1.5   | 165 | 60        | 0  | 0 | 6  | 0  |
| Egg, Fried / Basted (1)                     | 2 oz    | 90        | 8        | 70      | 0 | 2     | 165 | 100       | 0  | 0 | 6  | 0  |
| Egg, Scrambled (1)                          | 2 oz    | 110       | 9        | 80      | 0 | 2.5   | 240 | 180       | 1  | 0 | 7  | 0  |
| Egg White (1)                               | 2 oz    | 40        | 0        | 0       | 0 | 0     | 0   | 115       | 0  | 0 | 7  | 0  |
| English Muffin w/o margarine / w/ margarine | 1       | 140 / 190 | 1 / 6    | 10 / 60 | 0 | 0 / 1 | 0   | 220 / 270 | 29 | 1 | 5  | 1  |
| Grilled Ham Slice                           | 3 oz    | 120       | 4        | 35      | 0 | 1.5   | 40  | 860       | 7  | 0 | 14 | 6  |
| Hash Browns                                 | 5 oz    | 180       | 8        | 70      | 0 | 1.5   | 0   | 460       | 24 | 1 | 1  | 1  |
| Red-Skinned Potatoes                        | 5 oz    | 250       | 13       | 120     | 0 | 2.5   | 0   | 800       | 30 | 3 | 4  | 2  |
| Sausage Links                               | 4       | 320       | 30       | 270     | 0 | 10    | 80  | 690       | 0  | 1 | 11 | 1  |
| Seasonal Fruit                              | 6 oz    | 100       | 0        | 5       | 0 | 0     | 0   | 5         | 25 | 3 | 1  | 17 |
| Slices of French Toast                      | 2       | 360       | 16       | 140     | 0 | 3.5   | 60  | 470       | 47 | 2 | 15 | 8  |
| Stack of Buttermilk Pancakes                | 2 cakes | 450       | 11       | 100     | 0 | 3.5   | 60  | 1390      | 77 | 2 | 10 | 20 |
| Toast, White, w/o margarine / w/ margarine  | 2       | 160 / 240 | 1.5 / 10 | 15 / 90 | 0 | 0 / 2 | 0   | 320 / 400 | 31 | 0 | 5  | 2  |
| Tortillas, Flour (3)                        | 3 oz    | 260       | 8        | 70      | 0 | 3.5   | 0   | 660       | 40 | 5 | 7  | 3  |
| Turkey Bacon Strips (4)                     | 4       | 140       | 8        | 70      | 0 | 2     | 60  | 660       | 2  | 0 | 15 | 2  |

## SOUPS

|                                       |           |           |         |           |   |         |          |             |         |       |         |       |
|---------------------------------------|-----------|-----------|---------|-----------|---|---------|----------|-------------|---------|-------|---------|-------|
| Chicken Noodle Soup - bowl / cup      | 12 / 8 oz | 390 / 260 | 15 / 10 | 130 / 90  | 0 | 6 / 4   | 110 / 75 | 3880 / 2580 | 43 / 28 | 2     | 21 / 14 | 5 / 4 |
| Loaded Baked Potato Soup - bowl / cup | 12 / 8 oz | 440 / 340 | 29 / 23 | 260 / 210 | 0 | 15 / 11 | 80 / 60  | 1650 / 1180 | 32 / 22 | 2 / 1 | 12 / 10 | 6 / 5 |
| Vegetable Beef Soup - bowl / cup      | 12 / 8 oz | 310 / 200 | 16 / 11 | 150 / 100 | 0 | 3 / 2   | 30 / 20  | 3420 / 2280 | 40 / 27 | 3 / 2 | 16 / 11 | 4 / 3 |

## SALADS

|  |       |     |    |     |   |    |     |      |    |   |    |   |
|--|-------|-----|----|-----|---|----|-----|------|----|---|----|---|
| Egg-Celent Grilled Chicken Cobb Salad (add dressing choice)    | 18 oz | 610 | 40 | 360 | 0 | 13 | 330 | 1380 | 17 | 7 | 50 | 6 |
| Let's Cobb About It Prime Rib Cobb Salad (add dressing choice) | 16 oz | 550 | 38 | 350 | 0 | 13 | 280 | 1000 | 19 | 7 | 35 | 6 |
| Mama's Fried Chicken House Salad (add dressing choice)         | 15 oz | 590 | 33 | 300 | 0 | 8  | 80  | 1840 | 41 | 5 | 36 | 6 |
| Salmon Salad Your Way (add dressing choice)                    | 17 oz | 540 | 33 | 290 | 0 | 10 | 135 | 1290 | 20 | 4 | 40 | 6 |

## STARTERS

|  | Serving Size | Calories | Fat (g) | Calories from Fat | Trans Fats (g) | Saturated Fat (g) | Chol (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Protein (g) | Sugar (g) |
|--|--------------|----------|---------|-------------------|----------------|-------------------|-----------|-------------|-----------|-----------|-------------|-----------|
| Boneless Chicken Wings w/ BBQ Sauce (add dipping sauce choice)     | 8            | 740      | 36      | 320               | 0              | 5                 | 60        | 2850        | 71        | 4         | 34          | 27        |
| Boneless Chicken Wings w/ Buffalo Sauce (add dipping sauce choice) | 8            | 770      | 52      | 460               | 0              | 8                 | 60        | 3730        | 42        | 4         | 34          | 0         |
| Classic Sampler with dipping sauces                                |              |          |         |                   |                |                   |           |             |           |           |             |           |
| Beer-Battered Onion Rings (add sauce choice)                       | 5 oz         | 400      | 27      | 240               | 0              | 4.5               | 0         | 710         | 35        | 3         | 4           | 5         |
| Boneless Buffalo Wings (add sauce choice)                          | 4            | 380      | 26      | 230               | 0              | 4                 | 30        | 1860        | 21        | 2         | 17          | 0         |
| Mozzarella Cheese Sticks (add sauce choice)                        | 4            | 350      | 16      | 140               | 0              | 6                 | 35        | 840         | 35        | 0         | 16          | 3         |
| Wavy-Cut Fries   | 5 oz         | 400      | 22      | 190               | 0              | 4                 | 0         | 470         | 46        | 4         | 4           | 0         |
| Dipping Sauces: See Condiments Section                             |              |          |         |                   |                |                   |           |             |           |           |             |           |
| Mozzarella Cheese Sticks (add sauce choice)                        | 8            | 690      | 32      | 280               | 0              | 13                | 70        | 1680        | 70        | 0         | 32          | 7         |
| Premium Chicken Tenders (add sauce choice)                         | 5            | 680      | 40      | 360               | 0              | 5                 | 100       | 2520        | 38        | 3         | 45          | 0         |
| Zesty Nachos   | 25 oz        | 1660     | 106     | 950               | 1              | 36                | 170       | 3370        | 170       | 11        | 44          | 15        |
| Half Order   | 15 oz        | 870      | 55      | 500               | 0.5            | 19                | 95        | 1820        | 69        | 6         | 25          | 9         |

## MELTS & HANDHELDS

|   |       |      |    |     |     |    |     |      |    |    |    |    |
|---|-------|------|----|-----|-----|----|-----|------|----|----|----|----|
| Cali Club Sandwich (add side choice)                  | 15 oz | 890  | 55 | 500 | 0   | 14 | 100 | 2070 | 59 | 10 | 44 | 12 |
| Crispy Chicken Bacon Ranch Sandwich (add side choice) | 20 oz | 1220 | 73 | 660 | 0   | 21 | 155 | 2890 | 88 | 7  | 57 | 8  |
| Brisk-It-All Melt™ (add egg & side choice)            | 14 oz | 1190 | 76 | 680 | 0.5 | 21 | 145 | 2670 | 75 | 3  | 53 | 12 |
| BBQ Bacon Chicken Sandwich (add side choice)          | 14 oz | 730  | 30 | 270 | 0   | 11 | 115 | 2000 | 70 | 2  | 49 | 30 |
| Pot Roast Melt (add side choice)                      | 15 oz | 1060 | 60 | 540 | 0   | 18 | 160 | 2120 | 67 | 3  | 63 | 4  |
| Super Bird® (add side choice)                         | 12 oz | 760  | 33 | 290 | 0.5 | 14 | 120 | 2130 | 69 | 2  | 49 | 6  |

## À LA CARTE SIDES

|   |        |     |    |     |   |     |    |      |    |   |   |    |
|---|--------|-----|----|-----|---|-----|----|------|----|---|---|----|
| Beer-Battered Onion Rings               | 5 oz   | 400 | 27 | 240 | 0 | 4.5 | 0  | 710  | 35 | 3 | 4 | 5  |
| Garden Side Salad (add dressing choice) | 7 oz   | 170 | 9  | 80  | 0 | 4.5 | 20 | 340  | 16 | 2 | 8 | 4  |
| Seasonal Fruit                          | 6 oz   | 100 | 0  | 5   | 0 | 0   | 0  | 5    | 25 | 3 | 1 | 17 |
| Seasoned Fries                          | 5.5 oz | 490 | 26 | 240 | 0 | 5   | 5  | 1100 | 57 | 8 | 7 | 1  |
| Wavy-Cut Fries                          | 5 oz   | 400 | 22 | 190 | 0 | 4   | 0  | 470  | 46 | 4 | 4 | 0  |

## BURGERS

|   |       |      |    |     |     |     |     |      |    |    |    |    |
|---|-------|------|----|-----|-----|-----|-----|------|----|----|----|----|
| Bacon Avocado Cheeseburger (add side choice)        | 15 oz | 1020 | 69 | 620 | 1.5 | 24  | 160 | 1420 | 54 | 6  | 48 | 11 |
| Double Bacon Avocado Cheeseburger (add side choice) | 20 oz | 1420 | 99 | 890 | 3   | 38  | 285 | 2000 | 54 | 6  | 79 | 11 |
| Bourbon Bacon Burger (add side choice)              | 15 oz | 880  | 50 | 450 | 1.5 | 21  | 150 | 1480 | 62 | 3  | 48 | 21 |
| Double Bourbon Bacon Burger (add side choice)       | 20 oz | 1290 | 80 | 720 | 3   | 35  | 280 | 2050 | 62 | 3  | 79 | 21 |
| Double Cheeseburger (add cheese & side choices)     | 15 oz | 920  | 52 | 470 | 3   | 23  | 215 | 1260 | 49 | 2  | 61 | 10 |
| Single Cheeseburger (add cheese & side choices)     | 12 oz | 590  | 29 | 260 | 1.5 | 13  | 110 | 820  | 49 | 2  | 35 | 10 |
| Flamin' 5-Pepper Burger (add side choice)           | 15 oz | 1000 | 66 | 600 | 1.5 | 23  | 160 | 2060 | 53 | 2  | 47 | 13 |
| Double Flamin' 5-Pepper Burger (add side choice)    | 20 oz | 1400 | 97 | 870 | 3   | 38  | 290 | 2640 | 53 | 3  | 78 | 13 |
| Slamburger™ (add egg & side choices)                | 11 oz | 840  | 47 | 420 | 2   | 20  | 150 | 1770 | 58 | 1  | 45 | 10 |
| Double Slamburger™ (add egg & side choices)         | 16 oz | 1240 | 77 | 700 | 3.5 | 35  | 280 | 2600 | 59 | 1  | 76 | 10 |
| Dr. Praeger's® Veggie Patty                         | 1     | 210  | 9  | 80  | 0   | 1   | 0   | 560  | 25 | 14 | 8  | 1  |
| Grilled Seasoned Chicken Breast                     | 1     | 200  | 9  | 80  | 0   | 2.5 | 75  | 820  | 1  | 0  | 29 | 0  |

## DINNERS

|  |       |      |    |     |     |    |     |      |     |   |    |    |
|--|-------|------|----|-----|-----|----|-----|------|-----|---|----|----|
| Bourbon Chicken Sizzlin' Skillet                                       | 21 oz | 840  | 35 | 310 | 0.5 | 7  | 145 | 2920 | 69  | 7 | 65 | 36 |
| Country-Fried Steak w/ gravy & dinner bread (add side choices)         | 14 oz | 960  | 56 | 500 | 2.5 | 21 | 120 | 2240 | 78  | 3 | 35 | 4  |
| Crazy Spicy Sizzlin' Skillet (add optional egg choice)                 | 20 oz | 1040 | 69 | 620 | 1   | 23 | 185 | 3640 | 48  | 5 | 59 | 9  |
| Mac 'N Brisket Sizzlin' Skillet™                                       | 18 oz | 990  | 60 | 540 | 0   | 16 | 110 | 2160 | 110 | 3 | 42 | 21 |
| Oven-Baked Lasagna w/ dinner bread                                     | 18 oz | 1130 | 51 | 460 | 1   | 23 | 135 | 2290 | 110 | 4 | 56 | 7  |
| Plate Lickin' Chicken Fried Chicken w/ dinner bread (add side choices) | 16 oz | 1070 | 62 | 560 | 0   | 14 | 170 | 3230 | 68  | 6 | 60 | 3  |
| Premium Chicken Tenders w/ dinner bread (add side & sauce choices)     | 10 oz | 860  | 47 | 430 | 0   | 7  | 100 | 2860 | 63  | 3 | 51 | 2  |
| Sirloin Steak w/ dinner bread (add side choices)                       | 10 oz | 530  | 25 | 220 | 0   | 7  | 125 | 1420 | 27  | 1 | 49 | 2  |
| T-Bone Steak w/ dinner bread (add side choices)                        | 13 oz | 680  | 38 | 340 | 0.5 | 14 | 120 | 1690 | 26  | 1 | 57 | 2  |
| Wild Alaska Salmon w/ dinner bread (add side choices)                  | 9 oz  | 540  | 31 | 280 | 0   | 8  | 115 | 1300 | 27  | 1 | 37 | 2  |

## DINNER SIDES

|   |        |     |     |     |   |     |    |     |    |   |   |    |
|---|--------|-----|-----|-----|---|-----|----|-----|----|---|---|----|
| Broccoli  | 4 oz   | 35  | 0   | 0   | 0 | 0   | 0  | 180 | 6  | 3 | 3 | 1  |
| Garlic Toast / Dinner Bread                             | 2 pc   | 190 | 7   | 70  | 0 | 2   | 0  | 360 | 25 | 1 | 6 | 2  |
| Mac 'N Cheese   | 4 oz   | 140 | 6   | 60  | 0 | 3.5 | 15 | 260 | 14 | 1 | 6 | 1  |
| Red Rustic Mashed Potatoes™ (add optional gravy choice) | 1 serv | 250 | 11  | 100 | 0 | 7   | 35 | 940 | 32 | 8 | 5 | 5  |
| Red-Skinned Potatoes                                    | 5 oz   | 250 | 13  | 120 | 0 | 2.5 | 0  | 800 | 30 | 3 | 4 | 2  |
| Herb Glazed Corn  | 1 serv | 300 | 18  | 160 | 0 | 3.5 | 0  | 280 | 30 | 8 | 6 | 13 |
| Seasonal Fruit  | 6 oz   | 100 | 0   | 5   | 0 | 0   | 0  | 5   | 25 | 3 | 1 | 17 |
| Wavy-Cut Fries  | 5 oz   | 400 | 22  | 190 | 0 | 4   | 0  | 470 | 46 | 4 | 4 | 0  |
| Whole Grain Rice  | 5 oz   | 240 | 2.5 | 25  | 0 | 0.5 | 0  | 360 | 48 | 5 | 6 | 2  |