



Serving Size	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein
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### Entrée

Country Fried Steak	5.33oz	380	190	21	9g	0g	50mg	690mg	29g	2g	1g	18g
Chicken Chunks	1 ea	110	50	5g	0.5g	1g	25mg	290mg	5g	0g	0g	10g
Chicken Liver	1 ea	80	45	5g	1g	1g	125mg	260mg	3g	0g	0g	6g
Chicken Gizzards	1 ea	90	45	5g	0.5g	1g	95mg	180mg	3g	0g	0g	8g
Chicken Breast	1 ea	430	210	23g	4g	3g	105mg	590mg	11g	0g	1g	40g
Chicken Leg	1 ea	290	20g	3g	3g	3g	45mg	540mg	11g	0g	1g	15g
Chicken Wing	1 ea	280	180	20g	3g	3g	30mg	530mg	11g	0g	1g	12g
Chicken Thigh	1 ea	400	250	28g	5g	3g	85mg	580mg	11g	0g	1g	25g

### Sides

Green Beans	6oz	45	0	0	0g	0g	0mg	480mg	9g	4.5g	4.5g	0g
Fried Okra	6.6oz	100	5	.5g	0g	0g	0mg	260mg	21g	2g	4g	3g
Macaroni Salad	6oz	330	165	18g	2.25g	0g	22.5mg	765mg	39g	>1g	10.5g	4.5g
Broccoli, Rice & Cheese Casserole	6oz	210	105	12g	4.5g	0g	22.5mg	675mg	22.5g	3g	4.5g	7.5g
Potato Salad	6oz	240	105	12g	1.5g	0g	7.5mg	495mg	31.5	3g	7.5g	1.5g
Fried Corn Dodgers	6 pcs	190	50	6g	1.g	0mg	0mg	420mg	31g	2g	2g	3g
Cut Corn	3oz	90	5	.5g	0g	0mg	0mg	0mg	19g	2g	3g	3g
Corn on the Cob	3oz	90	5	.5g	0g	0mg	0mg	0mg	19g	2g	3g	2g
Blackeye Peas	6oz	180	15	1.5g	0g	0mg	0mg	525mg	31.5g	9g	0g	10.5g
Cole Slaw	3oz	130	70	8g	1g	0g	5mg	180mg	14g	1g	11g	1g
Giblet Gravy	3oz	60	10	1g	0g	0g	55mg	820mg	8g	0g	0g	4g
Baked Bean	3oz	100	5	1g	0g	0g	0mg	370mg	20g	3g	11g	3g
Potato Wedges	1 ea	100	45	5g	0.5g	1g	0mg	140mg	12g	1g	1g	2g
Macaroni & Cheese	6oz	300	45	5g	1g	0g	0mg	180mg	53g	3g	2g	10g

Roll	1 Roll	160	35	4g	1g	0g	0mg	220mg	26g	1g	5g	4g
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### Desserts

Peach Cobbler	6oz	390	140	15g	6.27g	0g	0mg	362mg	63g	1.4g	32g	2.8g
Apple Cobbler	6oz	390	140	15g	6.27g	0g	0mg	377mg	62g	1.4g	31g	2.8g
Cherry Cobbler	6oz	390	140	15g	6.28g	0g	0mg	363mg	63g	.70g	30g	2.8g
Blackberry Cobbler	6oz	405	155	15.3g	6.28g	0g	0mg	363mg	67g	3g	31g	3g
Chocolate Meringue Pie	6.125oz	462	200	21g	11.24g	0g	0mg	338mg	61g	1g	39g	5g
Coconut Meringue Pie	5.75oz	412	175	20g	10g	0g	0mg	275mg	56g	1g	36g	5g
Lemon Meringue Pie	5.65oz	355	125	14g	9g	0g	0mg	288mg	60g	1g	42g	27