



Nutrition Information

Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
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Shareables

Frank's Sweet Chili Shrimp Serving Size: 1 Appetizer	550	230	26	3.5	0	225	890	39	0	11	20
Italian Mozzarella Cheese Sticks Serving Size: 5 Cheese Sticks W/Marinara Sauce	570	650	72	11	0	50	1,630	46	4	5	16
Loaded Tater Tots Serving Size: 1	1,330	910	101	21	0	100	2,710	80	7	4	23
Onion Loaf Serving Size: 1 Appetizer	1,160	1,000	111	11	0	0	2,280	112	16	12	8
Porky Tater Tots Serving Size: 1	1,240	790	88	19	0	75	2,090	113	8	32	23
Pretzel Stick Appetizer Serving Size: 1 Appetizer	610	290	32	7	3.5	< 5	2,620	69	4	3	15

Steaks

Burgundy Steak 8 oz. Serving Size: 1 Steak	370	180	20	5	0	80	1,020	5	0	2	41
Burgundy Tips 4 ounce Serving Size: 4 Ounce	180	90	10	2.5	0	40	510	2	0	1	20
Burgundy Tips 8 ounce Serving Size: 8 Ounce	370	180	20	5	0	80	1,020	5	0	2	41
Cleaver Cut Steak 9 oz. Serving Size: 1 Steak	540	310	34	12	0	165	1,470	0	0	0	48
Filet Mignon Steak 7 oz. Serving Size: 1 Steak	350	190	21	6	0	120	1,210	0	0	0	40
Pot Roast Serving Size: 1 Meal	650	320	35	13	0	145	2,520	48	5	7	40
Ribeye Steak 12 oz. Serving Size: 1 Steak	550	260	29	9	0	220	1,770	0	0	0	71
Tender Tips 4 ounce Serving Size: 4 Ounce	240	140	15	5	0	75	650	0	0	0	22
Tender Tips 8 ounce Serving Size: 8 Ounce	480	280	31	11	0	145	1,300	0	0	0	43
Thick Cut Sirloin Steak 10 oz. Serving Size: 1 Steak	560	320	36	13	0	175	1,460	0	0	0	52
Thick Cut Sirloin Steak 6 oz. Serving Size: 1 Steak	380	230	26	9	0	110	1,090	0	0	0	32

Chicken

Buffalo Chicken Filet Serving Size: 1 Filet	570	350	39	6	0	40	1,720	32	1	0	19
Buffalo Chicken Tenders Serving Size: 3 Tenders	670	450	50	7	0	55	1,350	34	2	0	24
Chicken Fettuccine Alfredo Serving Size: 1 Entree	1,320	380	42	13	0	105	1,070	173	7	15	62
Chicken Filet - BBQ Serving Size: 1 Filet	260	120	13	2.5	0	95	330	6	0	5	30
Chicken Filet - Italian Marinated Serving Size: 1 Filet	290	150	17	3.5	0	105	180	1	0	1	32
Crispy Fried Chicken Filet Serving Size: 1 Filet	510	350	39	6	0	40	810	21	1	0	19
Crispy Fried Chicken Tenders Serving Size: 3 Tenders	640	450	50	7	0	55	900	29	2	0	24
Grilled Chicken Filet Serving Size: 1 Filet	260	180	20	2.5	0	115	450	0	0	0	35
Grilled Tenders Serving Size: 3 Tenders	290	190	21	5	0	80	410	0	0	0	27
Hoss's Famous Stuffed Chicken Breast Serving Size: 1 Meal	780	360	40	8	7	145	1,750	40	1	1	59



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Seafood

Broiled Whitefish Serving Size: 1 Piece	210	100	11	2	0	90	550	0	0	0	32
Clam Strips Serving Size: 8 oz.	930	590	66	12	0	25	2,000	69	3	8	21
Coconut Shrimp with Pina Colada Dipping Sauce Serving Size: 6 Coconut Shrimp W/2Oz Pina Colada Sauce	650	420	47	16	0	115	810	41	5	13	18
Fried Whitefish Serving Size: 1 Filet	760	520	58	15	0	85	1,130	38	1	0	26
Maryland Style Crab Cakes Serving Size: 5 Ounce Crab Cake	280	150	17	2	0	90	790	7	1	1	22
Salmon Blackened Serving Size: 1 Piece	300	180	20	3.5	0	95	480	0	0	0	34
Salmon Grilled Serving Size: 1 Piece	310	180	20	3.5	0	95	790	1	0	0	34
Salmon Sweet Chili Serving Size: 1 Piece	380	180	20	3.5	0	95	1,250	18	0	14	34
Scallop Medallions - Broiled Serving Size: 10 Scallops	200	80	9	2	0	30	790	0	0	0	23
Scallop Medallions - Scampi Serving Size: 10 Scallops	560	440	49	20	7	95	1,030	3	0	0	23
Shrimp - Broiled Serving Size: 10 Shrimp	210	80	9	2	0	195	750	0	0	0	18
Shrimp - Fried Serving Size: 10 Shrimp	550	510	57	6	0	55	1,030	34	1	3	16
Shrimp - Scampi Serving Size: 10 Shrimp	580	440	49	20	7	260	1,450	3	0	0	18
Shrimp Trio Serving Size: 1 Entree W/O Side	1,060	450	50	9	0	280	2,020	119	4	20	51
Skewered Shrimp Scampi over Rice Pilaf Serving Size: 1 Meal	1,230	570	63	22	7	325	4,420	131	3	3	42

Sides

Baked Potato With Margarine Serving Size: 1 Baked Potato	260	100	11	2	3	0	130	37	4	2	4
Baked Sweet Potato With Margarine Serving Size: 1 Potato	400	110	12	2	3	0	135	71	10	1	4
French Fries Serving Size: 4 Ounce	400	310	34	4	0	0	650	35	3	0	3
Hot Buttered Mushrooms Serving Size: 4 Ounce	260	240	27	5	7	0	430	3	1	1	2
Loaded Baked Potato Serving Size: 1 Potato	410	190	21	8	3	35	390	41	4	3	11
Loaded Baked Sweet Potato Serving Size: 1 Potato	500	110	12	2.5	3	< 5	240	93	10	18	4
Loaded French Fries Serving Size: 9 Ounce	560	430	48	6	1	30	1,080	40	3	2	6
Loaded Mashed Potatoes Serving Size: 8.76 Ounce	560	410	45	15	6	60	1,050	29	3	2	10
Mashed Potatoes Serving Size: 6 Ounce	210	90	10	4	0	15	560	27	3	1	4
Onion Rings Serving Size: 5 Rings	330	100	11	0	0	0	670	55	2	6	6
Plain Baked Potato Serving Size: 1 Baked Potato	160	0	0	0	0	0	15	37	4	2	4
Plain Sweet Potato Serving Size: 1 Plain Sweet Potato	300	0	0	0	0	0	25	71	10	1	4
Rice Pilaf Serving Size: 6 Ounce	200	50	6	1	1.5	0	710	33	1	1	3
Side Salad Serving Size: 1 Serving	60	10	1	0	0	0	100	11	2	4	3
Steamed Broccoli Serving Size: 5 Ounce	45	0	0	0	0	0	55	8	5	3	5



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Sugar Snap Peas Serving Size: 5 Ounce	70	0	0	0	0	0	0	12	3	5	3

Add Ons

Grilled Peppers & Onions Serving Size: 2 Ounce	25	10	1	0	0	0	20	4	1	2	0
Hoss's Beef Gravy Serving Size: 3 Ounce	25	10	1	0	0	0	430	3	0	0	1

American Value Meals

Chicken Parmesan & Pasta Serving Size: 1 Meal	950	410	45	8	0	45	1,150	135	5	14	36
Country Fried Steak with Mashed Potatoes and Gravy Serving Size: 1	770	450	50	14	0	60	1,760	62	4	3	23
Fried Shrimp & Fries Serving Size: 1 Meal	570	480	53	6	0	30	1,030	45	3	1	11
Ground Sirloin Meal w/ Baked Potato Serving Size: 1 Meal	740	460	51	16	5	110	1,020	37	4	2	31
Parmesan Crusted Tilapia & Rice Pilaf Serving Size: 1 Meal	600	370	41	15	6	100	1,440	35	1	1	25

Children's Menu

Cheesy Pizza with Tater Tots Serving Size: 1 Meal	630	300	33	10	0	20	1,100	67	4	10	16
Chicken Tenders with Tater Tots Serving Size: 1 Meal	670	460	51	8	0	35	970	38	3	0	18
Grilled Cheese with Tater Tots Serving Size: 1 Meal	640	320	36	11	1	40	1,590	63	2	2	18
HOSM Hot Dog with Tater Tots Serving Size: 1 Hot Dog	520	320	35	8	0	35	1,090	40	2	3	11
Kids' Cheeseburger with Tater Tots Serving Size: 1 Meal	810	490	54	16	1	85	1,370	52	3	2	28
Spaghetti and Meatball Serving Size: 1 Meal	500	140	16	4.5	0	45	650	67	3	12	22
Steak Tips with Tater Tots Serving Size: 1 Meal	520	330	37	9	0	75	1,180	20	2	0	24
Tater Tots Serving Size: 3.3 oz.	240	150	17	2.5	0	0	370	19	2	0	2

Sandwiches

BBQ Chicken Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	770	380	42	7	0	105	1,040	66	4	8	40
Carolina Chicken Club Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	1,320	790	88	17	0	70	3,040	125	7	39	40
Crabby Pretzel Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	950	480	53	10	0	105	1,750	36	3	6	38
Crispy Buffalo Chicken Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	1,070	620	69	10	0	40	2,530	93	5	3	27
Crispy Chicken Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	1,010	620	69	10	0	40	1,760	82	5	3	27
Fried Whitefish Sandwich w/ Fries Serving Size: 1 Sandwich W/Fries	1,370	790	88	19	0	85	2,260	121	8	5	40
Grilled Chicken Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	760	380	42	7	0	115	1,260	61	4	3	43
Italian Marinated Chicken Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	720	340	38	6	0	105	990	62	4	4	40
Jacked Up Apple Butter Pulled Pork Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	950	520	58	16	0	115	1,260	82	4	20	36
Jacked Up BBQ Pulled Pork Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	960	520	58	16	0	115	1,800	83	4	24	36
Jacked Up Carolina Style Pulled Pork Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	980	540	60	16	0	115	1,780	125	7	59	40
Meatball Grinder w/Fries Serving Size: 1 Sandwich W/Fries	1,200	620	69	18	0	150	2,330	101	10	12	49



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Philly Cheesesteak Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	1,020	540	60	13	1	95	1,950	90	8	8	42
Steakhouse French Dip Sandwich w/Fries Serving Size: 1 Sandwich W/Fries	970	510	57	12	0	95	2,610	85	7	6	40

Burgers

1/4 Lb. Burger Serving Size: 1 Burger	520	290	32	11	1.5	75	750	33	1	3	24
Bacon Bacon Burger w/Fries Serving Size: 1 Burger W/Fries	1,190	680	76	21	2	135	2,640	32	3	6	51
Buffalo Bleu Cheese Burger w/Fries Serving Size: 1 Burger W/Fries	1,350	940	104	23	2	145	2,620	74	4	5	37
House Special Burger w/Fries Serving Size: 1 Burger W/Fries	1,250	750	83	25	2	145	2,930	82	4	15	49
Mushroom Swiss Burger w/Fries Serving Size: 1 Burger W/Fries	1,230	830	92	26	6	140	2,020	63	4	3	47
Willie Burger w/Fries Serving Size: 1 Burger W/Fries	970	630	70	18	2	110	1,740	61	4	3	35

Condiments

A.1. Steak Sauce Serving Size: 1 Tbsp	15	0	0	0	0	0	280	3	0	2	0
Au Jus Serving Size: 2 Ounce	5	0	0	0	0	0	380	0	0	0	0
Black 'N Blue Topping Serving Size: 2 Ounce	300	290	32	7	0	30	670	2	0	2	2
Brown Sugar and Cinnamon Topping Serving Size: 1.5 Ounce	120	0	0	0	0	0	0	31	0	31	0
Cocktail Sauce Serving Size: 2 Tbsp	25	0	0	0	0	0	380	5	1	5	1
Dijon Horseradish Serving Size: 2 Tbsp	140	120	13	2	0	10	250	6	0	5	0
Dill Sauce Serving Size: 1 Ounce	160	150	17	3	0	20	120	1	0	0	0
Drawn Butter Serving Size: 2 Ounce	400	410	45	28	0	120	360	0	0	0	0
Heinz 57 Sauce Serving Size: 1 Tbsp	20	0	0	0	0	0	180	4	0	4	0
Heinz Worcestershire Sauce Serving Size: 1 Tbsp	0	0	0	0	0	0	180	0	0	0	0
Honey Mustard Sauce Serving Size: 2 Tbsp	60	15	1.5	0	0	0	140	11	0	10	0
Horseradish Serving Size: 1 Teaspoon	5	0	0	0	0	0	25	1	0	0	0
Hoss's BBQ Sauce Serving Size: 2 Tbsp	60	0	0	0	0	0	390	15	0	14	0
Hoss's Steak Sauce Serving Size: 1 Tbsp	15	0	0	0	0	0	280	3	0	2	0
Ketchup Serving Size: 1 Tbsp	20	0	0	0	0	0	160	5	0	4	0
Marinara Sauce Serving Size: 2 Ounce	50	20	2	0	0	0	230	6	0	5	1
Mayonnaise Serving Size: 1 Tbsp	100	100	11	1.5	0	< 5	95	0	0	0	0
New England Tarter Sauce Serving Size: 2 Tbsp	130	130	14	2	0	10	200	3	0	3	0
Pina Colada Dipping Sauce Serving Size: 3 Ounce	150	60	7	4.5	0	25	85	19	0	18	0
Sour Cream Serving Size: 1 Serving	60	45	5	3.5	0	20	45	2	0	1	0
Texas Petal Sauce Serving Size: 2 Ounce	300	290	32	6	0	30	300	2	0	2	0
Yellow Mustard Serving Size: 1 Tsp	5	0	0	0	0	0	65	0	0	0	0



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Soup Bar

Basil Tomato Bisque Serving Size: 4 oz.	80	35	4	4	0	0	300	10	0	6	2
Beef Barley Soup Serving Size: 4 oz.	70	30	3.5	1	0	10	410	8	1	0	4
Beef Vegetable Soup Serving Size: 4 oz.	60	25	2.5	1	0	< 5	710	6	1	2	3
Boston Clam Chowder Serving Size: 4 oz.	90	35	4	1.5	0	10	380	9	0	3	4
Buffalo Chicken Soup Serving Size: 4 oz.	150	70	8	5	0	15	520	14	0	2	5
Cheddar Bay Cheese Soup Serving Size: 4 oz.	120	70	8	4	1	10	460	7	0	2	3
Cheeseburger Soup Serving Size: 4 oz.	130	70	8	5	0	20	460	8	0	2	5
Chicken Alfredo Soup Serving Size: 4 oz.	110	30	3.5	2.5	0	< 5	360	15	0	2	4
Chicken Corn Rivel Soup Serving Size: 4 oz.	50	10	1	0	0	10	440	7	1	2	3
Chicken Noodle Soup Serving Size: 4 oz.	70	10	1	0	0	15	570	9	1	1	4
Chicken Tortilla Soup Serving Size: 4 oz.	60	15	1.5	0	0	15	650	5	1	3	5
Chili Serving Size: 4 oz.	80	20	2	0.5	0	< 5	420	11	3	3	5
Chili Powder Serving Size: 0.5 Tsp	10	0	0	0	0	0	55	2	0	1	0
Cream Of Broccoli Soup Serving Size: 4 oz.	80	30	3.5	2.5	0	0	730	9	1	2	1
Cream Of Crab Soup Serving Size: 4 oz.	110	50	6	4.5	0	20	330	10	0	2	3
Cream Of Mushroom Soup Serving Size: 4 oz.	90	40	4.5	3.5	0	0	710	10	0	2	1
Cream Of Tomato Soup Serving Size: 4 oz.	90	45	5	2	1	0	370	10	1	6	2
Cream of Chicken Soup Serving Size: 4 oz.	120	60	7	4	0	15	530	10	0	3	4
Cream of Potato Soup Serving Size: 4 oz.	90	30	3.5	3	0	< 5	360	13	1	2	2
Croutons Serving Size: 2 Tbsp	30	10	1	0	0	0	85	5	0	0	1
French Onion Soup Serving Size: 4 oz.	45	25	3	0.5	1	0	390	4	0	2	0
Ham And Bean Soup Serving Size: 4 oz.	45	10	1	0	0	< 5	400	7	2	1	2
Ham Pot Pie Serving Size: 4 oz.	60	10	1	0	0	10	460	9	1	1	2
Ham, Cabbage & Potato Soup Serving Size: 4 oz.	35	10	1	0	0	< 5	350	5	1	1	1
Ham, Green Beans, & Potato Soup Serving Size: 4 oz.	40	0	0.5	0	0	< 5	300	6	1	1	1
Hamburger Stroganoff Soup Serving Size: 4 oz.	120	40	4.5	2.5	0	10	560	15	1	2	4
Italian Chicken Rice Soup Serving Size: 4 oz.	50	10	1	0	0	< 5	440	7	2	1	4
Italian Wedding Soup Serving Size: 4 oz.	90	40	4.5	1.5	0	20	660	7	1	1	5
Lasagna Soup Serving Size: 4 oz.	130	50	6	1.5	0	15	470	13	0	5	5
Loaded Potato Soup Serving Size: 4 oz.	80	25	3	1.5	0	< 5	440	11	1	1	2
Maryland Crab Soup Serving Size: 4 oz.	40	0	0	0	0	< 5	360	6	1	2	3
Pepperoni & Meatball Pasta Soup Serving Size: 4 oz.	160	40	4.5	2	0	10	370	23	1	6	6



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Pizza Soup Serving Size: 4 oz.	120	60	7	2	0	10	430	8	1	5	4
Saltine Crackers Serving Size: 1 Package	25	0	0.5	0	0	0	80	5	0	0	0
Sausage Potato Chowder Serving Size: 4 oz.	90	45	5	2.5	0	10	400	8	1	2	4
Southwest Chicken Rice Soup Serving Size: 4 oz.	80	30	3.5	2.5	0	< 5	430	9	0	1	3
Southwestern Hamburger Rice Soup Serving Size: 4 oz.	90	45	5	3.5	0	< 5	660	9	0	1	2
Southwestern Turkey Rice Soup Serving Size: 4 oz.	90	30	3.5	3	0	< 5	510	9	0	1	3
Stuffed Cabbage Soup Serving Size: 4 oz.	70	25	2.5	1	0	10	660	9	1	4	4
Stuffed Pepper Soup Serving Size: 4 oz.	70	25	2.5	1	0	10	620	8	1	4	3
Sweet & Spicy Corn Chowder Soup Serving Size: 4 oz.	100	50	6	3	0	< 5	490	10	1	2	1
Three Bean Chicken Vegetable Soup Serving Size: 4 oz.	80	0	0.5	0	0	10	310	12	4	2	6
Tomato Florentine Soup Serving Size: 4 oz.	60	0	0.5	0	0	0	340	11	1	4	2
White Chicken Chili Soup Serving Size: 4 oz.	70	20	2	1.5	0	10	490	8	1	2	4
Wisconsin Cheese Soup Serving Size: 4 oz.	110	60	7	3	0	15	380	9	0	6	3

Salad Bar

BLT Salad Serving Size: 1 Ounce Scoop	100	60	7	1.5	0	10	90	7	0	0	2
Bacon Bits Serving Size: 0.25 Ounce	30	10	1	0	0	0	125	2	0	0	3
Beets Serving Size: 1 Ounce Scoop	10	0	0	0	0	0	60	2	0	1	0
Black Olives Serving Size: 0.25 Ounce Scoop	50	40	4.5	0	0	0	250	0	0	0	0
Broccoli Florets Serving Size: 1 oz.	10	0	0	0	0	0	10	1	1	0	1
Broccoli Salad Serving Size: 1 Ounce Scoop	50	30	3.5	0.5	0	< 5	45	5	1	4	1
Buffalo Chicken Salad Serving Size: 1 Ounce Scoop	70	35	4	1	0	10	100	6	0	0	3
Caesar Salad Serving Size: 8 Ounce	160	45	5	2.5	0	10	590	20	4	2	10
Carrots Serving Size: 1 oz.	10	0	0	0	0	0	20	3	1	1	0
Cauliflower Serving Size: 1 oz.	5	0	0	0	0	0	10	1	1	1	1
Cheese Flavored Guppies Crackers Serving Size: 37 Crackers	140	50	6	3.5	0	< 5	360	18	0	1	3
Cheez-IT Crackers Serving Size: 27 Crackers	150	70	8	2	0	0	250	17	0	0	3
Chick Peas Serving Size: 1 Ounce Scoop	25	0	0	0	0	0	85	4	2	1	1
Chopped Eggs Serving Size: 1 Ounce Scoop	45	25	3	1	0	105	35	0	0	0	4
Cole Slaw Serving Size: 1 Ounce Scoop	50	30	3.5	0	0	< 5	50	5	1	4	0
Cool Cucumber Pasta Salad Serving Size: 1 Ounce Scoop	60	0	0	0	0	0	75	12	1	4	2
Crab Leg Salad Serving Size: 1 Ounce Scoop	50	35	4	0.5	0	< 5	160	2	0	1	1
Creamy Cucumber Salad Serving Size: 1 Ounce Scoop	15	0	0	0	0	0	5	2	0	2	0
Diced Cucumbers Serving Size: 1 oz.	5	0	0	0	0	0	0	1	0	0	0



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Diced Green Peppers Serving Size: 1 Ounce Spoon	5	0	0	0	0	0	0	1	0	1	0
Diced Tomato Serving Size: 1 Ounce Scoop	5	0	0	0	0	0	0	1	0	1	0
Extra Virgin Olive Oil Serving Size: 1 Tbsp	110	130	14	2	0	0	0	0	0	0	0
Grated Parmesan Cheese Serving Size: 1 tbsp	60	40	4.5	3	0	15	340	0	0	0	6
Green Olives Serving Size: 0.25 oz.	15	15	1.5	0	0	0	170	0	0	0	0
Green Peas Serving Size: 1 oz.	20	0	0	0	0	0	30	4	1	1	2
Homestyle Macaroni Salad Serving Size: 1 Ounce Scoop	45	25	2.5	0	0	< 5	160	6	0	2	1
Iceberg Lettuce Serving Size: 3 Ounce	15	0	0	0	0	0	10	3	1	2	1
Imitation Shredded Cheddar Cheese Serving Size: 1 Ounce Scoop	110	70	8	2	2	0	420	0	0	1	1
Jalapeno Peppers Serving Size: 1 Ounce (About 14 Slices)	0	0	0	0	0	0	460	1	0	0	0
Mild Pepper Rings Serving Size: 1 Ounce (About 15)	5	0	0	0	0	0	280	1	1	0	0
Oyster Crackers Serving Size: 45 Crackers	70	25	3	0	0	0	150	10	1	0	1
Pepperoncini Serving Size: 3 Peppers	5	0	0	0	0	0	330	1	0	0	0
Pickle Spear Serving Size: 1 oz.	5	0	0	0	0	0	260	1	0	0	0
Pickled Beet Salad Serving Size: 1 Ounce Scoop	20	0	0	0	0	0	50	5	0	5	0
Pickled Eggs Serving Size: 1 Egg	70	30	3.5	1	0	185	35	6	1	3	4
Potato Salad Serving Size: 1 Ounce Scoop	50	25	2.5	0.5	0	0	115	6	1	2	1
Potato Sticks Serving Size: 0.66 Cup	160	80	9	4.5	0	0	75	15	1	0	2
Pretzel Nuggets Serving Size: 1 Ounce	110	10	1	0	0	0	470	23	1	1	3
Radishes Serving Size: 1 oz.	5	0	0	0	0	0	10	1	0	1	0
Raisins Serving Size: 0.25 Ounce	20	0	0	0	0	0	0	6	0	4	0
Red Onion Rings Serving Size: 1 Ounce	10	0	0	0	0	0	0	3	0	1	0
Seasoned Croutons Serving Size: 22 Croutons (Approx)	30	10	1	0	0	0	100	5	0	0	1
Shredded Mozzarella Cheese Serving Size: 1 Ounce	90	50	6	3.5	0	15	170	1	0	0	7
Sliced Mushrooms Serving Size: 1 Ounce	5	0	0	0	0	0	0	1	0	0	1
Spinach Serving Size: 3 oz.	20	0	0	0	0	0	70	3	3	0	3
Steak Salad Serving Size: 1 Ounce Scoop	70	40	4.5	1	0	10	120	5	0	1	2
Sunflower Seeds Serving Size: 0.25 Ounce	40	25	3	0	0	0	0	2	1	0	1
Sweet Dried Cranberries Serving Size: 0.25 ounces	25	0	0	0	0	0	0	6	1	5	0
Tabasco Sauce Serving Size: 0.5 Tsp	0	0	0	0	0	0	15	0	0	0	0
Taco Salad Serving Size: 1 Ounce Scoop	70	45	5	1.5	0	10	140	4	0	1	2
Three Bean Salad Serving Size: 1 Ounce Scoop	20	0	0	0	0	0	50	4	0	3	0
Tuna Supreme Salad Serving Size: 1 Ounce Scoop	80	40	4.5	0.5	0	< 5	140	7	0	1	3



Nutrition Information

	Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey Ham Cubes Serving Size: 1 Ounce Scoop	60	40	4.5	1.5	0	25	340	1	0	0	4

Hot Bar

Cheese Sauce Serving Size: 1 Ounce Ladle	20	0	0	0	0	0	140	4	0	1	0
Hossienda Beans Serving Size: 1 Ounce Scoop	35	0	0.5	0	0	0	65	6	1	2	1
Macaroni & Cheese Serving Size: 1 Ounce Scoop	45	20	2	1	0	< 5	160	5	0	1	2
Mild Salsa Serving Size: 1 Ounce Scoop	10	0	0	0	0	0	135	2	1	2	0
Tortilla Chips Serving Size: 13 Chips (Approx.)	140	50	6	1	0	0	110	19	1	0	2

Dressings

Balsamic Vinegar Serving Size: 1 Tbsp	5	0	0	0	0	0	0	2	0	2	0
Caesar Dressing Serving Size: 1 oz.	120	120	13	2	0	10	320	1	0	0	1
Chunky Blue Cheese Dressing Serving Size: 1 oz.	160	150	17	3.5	0	15	270	1	0	1	1
Creamy Italian Dressing Serving Size: 1 oz.	110	100	11	1.5	0	0	190	3	0	3	0
Fat Free Italian Dressing Serving Size: 1 oz.	10	0	0	0	0	0	490	3	0	2	0
Honey French Serving Size: 1 oz.	130	110	12	2	0	0	210	7	0	6	0
Hot Bacon Dressing Serving Size: 1 oz.	40	10	1	0	0	30	35	7	0	7	1
Lite Ranch Dressing Serving Size: 1 oz.	110	90	10	1.5	0	10	270	1	0	1	1
Lite Red Wine Vinaigrette Serving Size: 1 Ounce Ladle	60	45	5	0	0	0	290	3	0	2	0
Parmesan Peppercorn Dressing Serving Size: 1 oz.	160	140	16	3	0	10	290	2	0	1	1
Ranch Serving Size: 1 oz.	100	100	11	1.5	0	10	270	1	0	1	1
Red Wine Vinegar & Oil Serving Size: 1 oz.	120	110	12	2	0	0	360	2	0	2	0
Sweet & Tangy Dressing Serving Size: 1 oz.	130	90	10	1.5	0	0	200	9	0	7	0
Thousand Island Serving Size: 1 oz.	130	110	12	2	0	< 5	240	5	0	3	0

Bread Bar

Apple Butter Serving Size: 1 Portion Control Cup	25	0	0	0	0	0	0	5	0	5	0
Cinnamon Bread Serving Size: 1 slice	70	15	1.5	0.5	0	0	110	12	1	2	2
Cinnamon Honey Spread Serving Size: 1 tbsp	80	60	7	1.5	2	0	75	4	0	4	0
Cinnamon Spread Serving Size: 1 Ounce	160	140	15	3	4	0	150	5	0	5	0
Corn Biscuit Serving Size: 1 Mini Biscuit	60	180	20	1	0	0	150	8	1	2	1
Creamy Peanut Butter Serving Size: 1 Tbsp	100	70	8	2	0	0	65	4	1	2	3
Garlic Bread Serving Size: 1 slice	80	25	2.5	0	0.5	0	160	13	0	0	2
Honey Corn Muffin Serving Size: 1 Muffin	100	30	3.5	0.5	0	10	150	16	0	6	1
Icing Serving Size: 1 ounce	100	0	0	0	0	0	0	0	0	0	0



Nutrition Information

	Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Sweet Yeasty Roll Serving Size: 1 Roll	120	20	2	0	0	0	85	21	1	4	4
Wheat Dinner Roll Serving Size: 1 Roll	110	15	1.5	0	0	0	160	21	1	3	4
Whipped Butter Serving Size: 1 packet	110	100	11	7	0	35	90	0	0	0	0
Whipped Margarine Serving Size: 1 Tbsp	100	100	11	2	3	0	110	0	0	0	0

Dessert Bar

Apple Butter Cream Cake Serving Size: 1 Ounce Serving Spoon	90	30	3.5	2	0	20	55	13	0	8	1
Apple Crisp Serving Size: 1 Ounce Serving Spoon	50	0	0	0	0	0	25	12	0	10	0
Apple Pan Cake Serving Size: 2 Ounce	130	25	3	2	0	30	70	24	1	17	2
Apple Pie Serving Size: 1 Pie Slice	360	60	7	3	0	< 5	150	74	0	50	2
Apple Streusel Cake Serving Size: 1.38 Ounce	120	35	4	1	1	0	100	20	0	11	2
Applesauce Serving Size: 4 Ounce	80	0	0	0	0	0	10	20	2	16	0
Banana Cake Serving Size: 1 Slice	150	35	4	1.5	0	0	210	27	0	17	2
Banana Grenadine Serving Size: 1 Ounce Spoon	30	0	0	0	0	0	0	7	1	5	0
Banana Split Cake Serving Size: 1 Piece	130	40	4.5	1	0	0	135	20	0	13	2
Blueberry Cake Serving Size: 2 Ounce	140	25	3	1	0	0	200	22	0	13	2
Blueberry Crisp Serving Size: 1 Ounce Serving Spoon	45	0	0	0	0	0	25	10	0	6	0
Blueberry Pie Serving Size: 1 Pie Slice	320	60	7	3	0	< 5	150	64	0	30	2
Boston Cream Cake Serving Size: 1 Ounce Spoon	90	90	10	2	0	15	65	11	0	7	1
Bread Pudding Serving Size: 1 oz.	50	10	1	0.5	0	< 5	35	11	0	8	1
Brownies Serving Size: 1 square	170	50	6	0	1	0	130	28	1	18	2
Butter Finger Cake Serving Size: 1 Piece	100	40	4.5	1.5	0	15	70	14	0	9	2
Butter Scotch Pudding Serving Size: 1 Ounce Spoon	30	10	1	0	0	0	55	6	0	3	0
Cantaloupe Serving Size: 0.5 cup	70	0	0	0	0	0	10	6	1	6	1
Carrot Cake Gob w/Cream Cheese Icing Serving Size: 1 Sandwich Cookie	310	160	18	2	0	< 5	220	36	1	26	3
Carrot Cake w/Cream Cheese Icing Serving Size: 1 Slice	300	150	17	2.5	0	0	230	33	1	22	3
Cheese Cake Serving Size: 1 square	100	40	4.5	3	0	< 5	160	13	0	10	2
Cheesy Peach Pie Serving Size: 4 Ounce	230	80	9	5	0.5	40	250	33	0	21	4
Cherry Crisp Serving Size: 1 Ounce Serving Spoon	40	0	0	0	0	0	25	9	0	4	0
Cherry Gelatin Serving Size: 1 oz.	60	0	0	0	0	0	85	15	0	15	1
Cherry Pie Serving Size: 1 Pie Slice	300	60	7	3	0	< 5	150	60	2	20	2
Chocolate Chip Cookie Serving Size: 1 Cookie	80	35	4	1.5	0	< 5	50	12	0	6	1
Chocolate Covered Pretzel Brownie Serving Size: 2 Ounce	220	70	8	0	1	0	190	35	1	22	2
Chocolate Fudge Serving Size: 1 square	150	50	6	3	1	0	40	24	0	23	0



Nutrition Information

	Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Gob w/Buttercream Icing Serving Size: 1 Sandwich Cookie	180	70	8	2	1	0	140	23	1	18	1
Chocolate Gob w/Peanutbutter Icing Serving Size: 1 Sandwich Cookie	180	60	7	2	0.5	0	140	25	1	19	2
Chocolate Mint Brownies Serving Size: 2.66 Ounce	350	350	39	8	1	20	170	50	1	39	2
Chocolate Mousse Serving Size: 1 Ounce Spoon	60	30	3.5	2.5	0	0	20	6	0	5	0
Chocolate Peanutbutter Fudge Serving Size: 1 Square	170	60	7	3.5	1	0	50	24	0	23	1
Chocolate Pudding Serving Size: 1 oz.	45	20	2	3	1	0	30	6	0	5	0
Chocolate Pudding W/Splenda Serving Size: 1 oz.	25	10	1	0	0	0	45	4	0	0	0
Chocolate Soft Serve Serving Size: 4 Ounce	110	20	2	1	0	10	80	22	1	13	2
Coffee Cake Serving Size: 1 Slice	270	100	11	6	0	10	250	42	0	29	3
Cookies and Cream Pie Serving Size: 2.75 Ounce	180	100	11	5	25	15	150	25	0	17	2
Cottage Cheese Serving Size: 4 Ounce	90	15	1.5	1	0	15	480	6	0	4	14
Crispy Rice Treats Serving Size: 1 Square	220	50	6	1	1.5	0	180	37	0	18	1
Diced Peaches Serving Size: 0.5 Cup	50	0	0	0	0	0	10	12	0	10	0
Fresh Made Donuts Serving Size: 2 Donuts	310	50	6	0	0	0	170	55	2	21	8
Fruit Salad Serving Size: 4 Ounce	80	0	0	0	0	0	15	21	2	18	1
Grapes Serving Size: 0.5 cup	60	0	0	0	0	0	10	14	1	13	0
Hawaiian Delight Serving Size: 1 Ounce Spoon	40	15	1.5	1	0	0	15	6	0	4	1
Hawaiian Wedding Cake Serving Size: 1 Ounce Spoon	60	25	2.5	1.5	0	0	55	8	0	5	1
Hershey's Butter Pecan Ice Cream Serving Size: 1 Serving	140	70	8	3.5	0	20	115	16	0	5	3
Hershey's Cotton Candy Ice Cream Serving Size: 1 Container	90	25	2.5	1.5	0	10	80	15	0	14	3
Hershey's RF/No Sugar Added Chocolate Ice Cream Serving Size: 1 Container	110	45	5	3	0	20	55	16	0	5	4
Honeydew Melon Serving Size: 0.5 Cup	30	0	0	0	0	0	15	8	1	7	1
Ice Cream Cone Serving Size: 1 Cone	20	0	0	0	0	0	5	4	0	0	0
Individual Red Velvet Birthday Cake Serving Size: 1 Individual Cake	230	140	15	9	0	35	230	23	1	18	3
Lemon Bars Serving Size: 1.38 Oz Square	130	60	7	3.5	0	30	170	17	0	11	3
Lemon Gelatin Serving Size: 1 oz.	60	0	0	0	0	0	100	15	0	15	1
Lemon Italian Ice No Sugar Added Serving Size: 4 Ounce	60	0	0	0	0	0	10	20	0	1	0
Lemon Pie Serving Size: 1 Ounce Spoon	110	35	4	2.5	0	35	35	15	0	13	2
Lime Gelatin Serving Size: 1 oz.	60	0	0	0	0	0	100	15	0	15	1
Oatmeal Raisin Cookie Serving Size: 1 Cookie	80	35	4	1.5	0	< 5	70	12	1	6	1
Orange Gelatin Serving Size: 1 oz.	60	0	0	0	0	0	100	15	0	15	1
Peach Crisp Serving Size: 1 Ounce Serving Spoon	45	0	0	0	0	0	20	10	0	6	0
Peach Pie Serving Size: 1 Pie Slice	320	60	7	3	0	< 5	140	62	2	30	2



Nutrition Information

	Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Peanut Butter Pie Serving Size: 1 Ounce Spoon	110	60	7	2	0	0	75	8	1	5	3
Peanutbutter Cookie Serving Size: 1 Cookie	130	60	7	2	0	< 5	60	15	1	8	2
Pineapple Tidbits Serving Size: 1 oz.	15	0	0	0	0	0	0	4	0	3	0
Pineapple Upside Down Cake Serving Size: 1 Slice	270	70	8	4	0	50	400	44	1	23	4
Pumpkin Bars - Plain Serving Size: 1 square	80	25	3	0.5	0	15	75	10	0	7	1
Pumpkin Bars with Cream Cheese Icing Serving Size: 1 square	130	50	6	1.5	0	20	105	18	0	14	1
Pumpkin Pie Serving Size: 1 Slice	300	60	7	3.5	0	35	110	55	2	40	6
Raspberry Gelatin Serving Size: 1 oz.	60	0	0	0	0	0	85	15	0	15	1
Root Beer Float Cake Serving Size: 1 Slice	100	15	1.5	1	0	< 5	190	20	1	9	2
S'mores Pie Serving Size: 1 square	270	420	47	11	0	10	105	30	0	20	1
Salted Caramel Brownie Serving Size: 4 Oz	450	140	15	1.5	2	< 5	380	70	2	47	4
Salted Caramel Chocolate Mousse Serving Size: 1 Ounce Spoon	50	20	2	0.5	0.5	0	125	7	0	6	0
Sliced Apples Serving Size: 0.5 Cup	25	0	0	0	0	0	0	6	1	5	0
Sliced Pears Serving Size: 4 Ounce	50	0	0	0	0	0	0	13	2	9	1
Strawberry Cheesecake Fluff Serving Size: 1 Ounce Spoon	70	25	3	2.5	0	0	60	9	0	9	1
Strawberry Gelatin Serving Size: 1 oz.	60	0	0	0	0	0	85	15	0	15	1
Strawberry Shortcake Serving Size: 1 oz.	80	25	2.5	1	0	20	60	13	0	8	1
Sugar Cookie Serving Size: 1 Cookie	80	30	3.5	0	0	< 5	65	11	0	5	1
Sugar Cookie Banana Parfait Serving Size: 1 Ounce Spoon	60	25	3	0.5	0	0	50	9	0	6	1
Sweet Potato Fluff Serving Size: 1 Ounce Spoon	35	0	0.5	0	0	0	10	8	1	3	0
Tapioca Pudding Serving Size: 4 Ounce	140	35	4	1	0	0	190	25	0	17	2
Tiramisu Serving Size: 1 Ounce Spoon	60	25	2.5	0.5	0	10	60	9	0	5	1
Vanilla Cupcake w/Buttercream Icing Serving Size: 1 Cupcake	220	70	8	2	1	0	200	35	0	27	2
Vanilla Cupcake w/Peanutbutter Icing Serving Size: 1 Cupcake	230	80	9	2.5	0.5	0	210	33	0	25	3
Vanilla Gob w/Buttercream Icing Serving Size: 1 Sandwich Cookie	260	90	10	2.5	1	0	230	37	0	27	2
Vanilla Pudding Serving Size: 1 oz.	40	20	2	0	0.5	0	40	6	0	4	0
Vanilla Pudding W/Splenda Serving Size: 1 oz.	20	10	1	0	0	0	40	3	0	0	0
Vanilla Sauce Serving Size: 1 Ounce Ladle	35	15	1.5	0	0.5	0	35	5	0	4	1
Vanilla Soft Serve Serving Size: 4 Ounce	110	20	2	1	0	10	70	22	0	13	2
Very Berry Juice Bar Serving Size: 1 Bar	40	0	0	0	0	0	5	10	2	7	0
Whipped Topping Serving Size: 1 oz.	80	50	6	6	0	0	0	6	0	6	0
Yeast Roll Sticky Buns Serving Size: 2 Ounce	200	80	9	4.5	0	20	125	27	1	13	3



Nutrition Information

	Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
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Toppings

Candy Buttons Serving Size: 0.25 Ounce	35	15	1.5	1.5	0	0	0	5	0	4	0
Caramel Topping Serving Size: 2 Tbsp	100	10	1	0.5	0	< 5	125	22	0	17	0
Chocolate Syrup Serving Size: 2 Tbsp	100	0	0	0	0	0	80	23	1	16	1
Cinnamon Granola Serving Size: 0.25 oz.	30	10	1	0	0	0	0	5	0	1	1
Cookies & Cream Serving Size: 0.25 oz.	30	10	1	0	0	0	35	5	0	2	0
Granulated Peanuts Serving Size: 0.25 oz.	40	30	3.5	0	0	0	0	2	1	0	2
Gummy Bears Serving Size: 0.25 oz.	20	0	0	0	0	0	0	5	0	4	1
Hot Fudge Topping Serving Size: 2 Tbsp	130	45	5	4.5	0	0	55	19	1	13	0
Koko Bits Serving Size: 0.25 oz.	35	140	16	2	0	0	0	5	0	5	0
Peanut Butter Sauce Serving Size: 2 Tbsp	190	140	16	2	0	0	210	8	2	3	6
Rainbow Sprinkles Serving Size: 0.25 oz.	35	15	1.5	0.5	0.5	0	0	6	0	4	0
Strawberry Puree Topping Serving Size: 2 Tbsp	60	0	0	0	0	0	10	15	1	14	0

Beverages

2% Reduced Fat Milk Serving Size: 8 Ounce	120	45	5	3	0	20	125	12	0	12	8
Apple Juice Box Serving Size: 1 Box	100	0	0	0	0	0	10	24	0	23	0
Blackberry Flavored Iced Tea Serving Size: 16 Ounce	160	0	0	0	0	0	0	39	0	38	0
Blackberry Flavored Lemonade Serving Size: 16 Ounce	190	0	0	0	0	0	90	48	0	47	0
Chocolate Milk Shake Serving Size: 1 Milk Shake	750	160	18	10	0	50	460	130	2	88	12
Coffee Serving Size: 6 Ounce	0	0	0	0	0	0	0	0	0	0	0
Diet Dr. Pepper Serving Size: 16 Ounce	0	0	0	0	0	0	75	0	0	0	0
Diet Pepsi Serving Size: 16 Ounce	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper Serving Size: 16 Ounce	150	0	0	0	0	0	20	40	0	38	0
Fruit Punch Juice Box Serving Size: 1 Juice Box	100	0	0	0	0	0	10	25	0	23	0
Half & Half Serving Size: 16 Ounce	80	0	0	0	0	0	55	22	0	22	0
Hot Chocolate Serving Size: 6 Ounce	80	30	3.5	2	0	0	170	15	1	12	1
Hot Tea Serving Size: 6 Ounce	0	0	0	0	0	0	0	0	0	0	0
Mountain Dew Serving Size: 16 Ounce	170	0	0	0	0	0	55	44	0	44	0
Mug Root Beer Serving Size: 16 Ounce	150	0	0	0	0	0	25	39	0	39	0
Patio Ginger Ale Serving Size: 16 Ounce	140	0	0	0	0	0	30	35	0	35	0
Peach Flavored Iced Tea Serving Size: 16 Ounce	160	0	0	0	0	0	0	39	0	39	0
Peach Flavored Lemonade Serving Size: 16 Ounces	190	0	0	0	0	0	90	48	0	48	0



Nutrition Information

	Calories (kcal)	Fat Cal. (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)
Pepsi Serving Size: 16 Ounce	150	0	0	0	0	0	30	42	0	42	0
Pepsi Max Serving Size: 16 Ounce	0	0	0	0	0	0	35	0	0	0	0
Pepsi Wild Cherry Serving Size: 16 Ounce	150	0	0	0	0	0	30	42	0	42	0
Pumpkin Pie flavored Iced Tea Serving Size: 16 Ounce	160	0	0	0	0	0	0	39	0	39	0
Sierra Mist Serving Size: 16 Ounce	150	0	0	0	0	0	30	41	0	41	0
Sweetened Iced Tea Serving Size: 16 Ounce	70	0	0	0	0	0	0	17	0	17	0
Tropicana Lemonade Serving Size: 16 Ounce	100	0	0	0	0	0	105	27	0	27	0
Vanilla Milk Shake Serving Size: 1 Milk Shake	560	140	16	9	0	45	310	93	1	58	11
Whole Chocolate Milk Serving Size: 8 Ounce	210	70	8	4.5	0	25	190	26	0	27	8