

Raider Exchange									Updated	FALL 2020
Location/Food										
<b>Breakfast</b>										
<b>Burritos</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Corn Tortilla (4"-6")	2 Tortilla	140	1.5	29	2	3	✓	✓	✓	
Tortilla (8")	1 Tortilla	130	3	22	1	4	✓	✓		Wheat, Soy
Scrambled Egg	2oz	81	5	1.5	0	7		✓	✓	Milk, Egg
Hash Browns	2oz	80	3	12	1	0.5	✓	✓	✓	
American Cheese	1oz	100	9	1	0	5		✓	✓	Milk, Soy
Bacon, Egg, Potato(Hash), Cheese, 8" Tortilla	1 Burrito/Taco	461	26	36.5	2	20.5				
Sausage, Egg, Potato(Hash), Cheese, 8" Tortilla	1 Burrito/Taco	576	36.5	37	2	25				
<b>Biscuits</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Biscuit (only)	1 Biscuit	308	12	34	1	4		✓		Wheat, Milk
Sausage, Egg, Potato(Hash), Cheese, Biscuit	1 Serving	630.5	45.5	49	2	25				Wheat,Milk,Egg,Pork,Soy,MSG
Bacon, Egg, Potato, Cheese, Biscuit	1 Serving	529.5	35	48.5	2	20.5				Wheat,Milk,Egg,Pork,
Sausage Biscuit	1 Serving	407	28.5	34.5	1	12.5				Wheat,Milk,Pork,Soy,MSG
Bacon Biscuit	1 Serving	306	18	34	1	8				Wheat,Milk,Pork,
Chicken Biscuit	1 biscuit	300	13	30	1	16				Wheat,Milk,Soy
<b>Croissants</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Croissant (only)	1 croissant	176	9	23	1	3				Wheat,Egg,Soy
Sausage,Egg,Potato,Cheese,Croissant	1 Serving	590.5	46.5	37.5	2	22				Wheat,Milk,Egg,Pork,Soy,MSG
Bacon,Egg,Cheese,Potato, Croissant	1 Serving	457.5	32	37.5	2	19.5				
<b>Flatbreads</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Flatbread (only)	1 Flatbread	130	3	22	1	4		✓		Wheat, Barley, Milk, Egg, Pork, Soy(May Contain: Sesame)
Sausage,Egg,Potato,Cheese, Flatbread	1 Serving	501.5	36.5	37	2	25				Wheat, Barley, Milk, Egg, Pork, Soy(May Contain: Sesame)
Bacon, Egg, Potato, Cheese, Flatbread	1 Serving	400.5	26	36.5	2	20.5				Wheat, Barley, Milk, Egg, Soy(May Contain: Sesame)
<b>Extras</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Bacon	1oz	70	6	0	0	4			✓	Pork
Sausage Patty	1.5oz	185	16.5	0.5	0	8.5			✓	Pork, MSG

Biscuit 1- with Gravy	1 Biscuit	308	14	40	1	4		✓		Wheat, Milk, Soy, Egg
Biscuit 2- with Gravy	2 Biscuit	615	27	80	2	8		✓		Wheat, Milk, Soy, Egg
Gravy	1oz	45	2	6	0	0		✓		Wheat, Milk, (May Contain: Egg, Soy)
Hashbrown Patty	3.5oz	187	9.5	23	2.5	2.5	✓	✓	✓	Soy
<b>Burgers</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Single Burger	1 Burger	466.5	26.56	33	1	24				Wheat, Soy
Single Cheese Burger	1 Burger	527.5	31.5	33	1	28				Wheat, Milk, Soy
Double Burger	1 Burger	767.5	51.5	33	1	43				Wheat,Soy
Double Cheese Burger	1 Burger	889.5	61.5	33	1	51				Wheat, Milk, Soy
Black Bean Burger (Patty, Bun)	1 Burger	331.5	7.5	54	8	12		✓		Wheat,Soy
Gluten Free Bread	1 Bun	243	7	41	4	4	✓	✓	✓	Soy, Poppy Seeds, Sesame Seeds
<b>Basic Toppings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
<b>Additional Toppings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Bacon	2 slices	166	14	0	0	10				Pork
Green Chilis	1oz	6	0	1.5	0.5	0	✓	✓	✓	
Jalapenos	1oz	9	1	0	0	0	✓	✓	✓	
Mushrooms	1oz	8	0	1.5	0.5	0.5	✓	✓	✓	
<b>Flat Bread Pizza</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Cheese Flatbread Pizza	1 Pizza	466	18	52	3	23		✓		Wheat, Barley, Milk, (May Contain: Soy, Sesame)
Pepperoni Flatbread Pizza	1 Pizza	736	34	74	4	32				Wheat, Barley, Milk, Pork (May Contain: Soy, Sesame)
Meat Lovers Flatbread Pizza	1 Pizza	876	44	77	5	35				Wheat, Barley, Milk, Soy, Pork (May Contain: Sesame)
Supreme Flatbread Pizza	1 Pizza	766	41	57	4	34				Wheat, Barley, Milk,Soy, Pork (May Contain: Sesame)
Veggie Flatbread Pizza	1 Pizza	954	43	66	5	55		✓		Wheat, Milk, (May Contain: Soy, Sesame)
Marinara Sauce	2oz	26	0	5	1.5	1				
Pizza Cheese Blend	2oz	180	12	2	0	14		✓		Milk
Pepperoni	1oz	140	13	0	0	5				Beef, Pork

Sausage Crumbles	1oz	85	7	1	0.5	3.5				Soy, Pork
Hamburger Crumbles	1oz	55	3	2	0					Soy, Beef
Vegetable Blend (Mushroom, Onion, Bell Peppers)	1oz	20	<1	3	<1	3		✓	✓	
Flatbread (only)	1 Flatbread	260	6	44	2	8		✓		Wheat, Milk, (May Contain: Soy, Sesame)
<b>Chicken</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Grilled Chicken Sandwich (chicken and bun only)	1 Sandwich	360	9.5	32	1	37				Wheat, Soy
Grilled Chicken Sandwich (with mayo and cheese)	1 Sandwich	440	20	31	1	32				Wheat, Soy
Breaded Chicken Sandwich	1 Sandwich	430	17.5	48	2	21				Wheat, Soy
California Grilled Chicken Sandwich	1 Sandwich	480	24	33.5	3	32.5				Wheat, Soy
Chicken Strips	3 Pieces	330	17	22	1	22				Wheat,Milk,Soy,Egg
Chicken Strips	4 Pieces	440	23	29	1.5	29				Wheat,Milk,Soy,Egg
Chicken Strips	6 Pieces	526	34	44	2	44				Wheat,Milk,Soy,Egg
Chicken Strips	12 Pieces	1022	68	88	4	58				Wheat,Milk,Soy,Egg
Grilled Cheese	1 Sandwich	272	8	47	2	12		✓		Wheat, Milk,Soy
<b>BYO Salads</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
<b>Protein:</b>										
Chicken	2oz.	80	1.5	0	0	12			✓	Soy
Breaded Chicken	2oz.	180	8	0	8	19				Wheat, Milk, Eggs, Soy
Boiled Egg	1 egg	73	5	1	0	6		✓	✓	Egg
<b>Veggies:</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Avocado	1 Half	70	7	6	3	1	✓	✓	✓	
Romaine	1oz	5	<1	1	0.5	<1	✓	✓	✓	
Carrots	1oz	11	0	3	<1	<1	✓	✓	✓	
Cucumbers	1oz	12	0	2.5	0	<1	✓	✓	✓	
Onion	1oz	6	0	1.5	1	1	✓	✓	✓	
Pickles	1oz	0	0	0	0	0	✓	✓	✓	
Spinach	1oz	6.5	<1	1	0.5	<1	✓	✓	✓	
Tomatoes	1oz	7	0	1.5	0	0	✓	✓	✓	
Mushroom	1oz	4	0	1	0	0	✓	✓	✓	
Bell Peppers	1oz	4	0	1	1	0	✓	✓	✓	
<b>Toppings:</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>

Parmesan	.25oz	20	5	0	0	2		✓	✓	Milk
Feta	1oz	75	6	1	0	4		✓	✓	Milk
Monterey Colby Jack	1oz	110	9	1	0	7		✓	✓	Milk
Croutons	.5 oz	30	1	5	0	1		✓		Wheat, Barley, Milk(Whey), Soy
<b>Dressings:</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Ranch	1oz									
Spicy Ranch	1oz									
Caesar	1oz	110	11	2	0	1		✓	✓	Milk(Whey), Egg, Soy
Golden Italian	1oz	50	5	2	0	0	✓	✓	✓	Soy
Olive Oil	1oz	240	28	0	0	0	✓	✓	✓	
<b>Smart Choices</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
<b>Baked Tilapia:</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Baked Tilapia with Corn & Bean Salsa	1 fillet	247	3.5	17	3.5	36.5			✓	Fish, Soy
Baked Tilapia with Lemon Pepper	1 fillet	245	15	3	0	22			✓	Milk,Fish,Soy
Baked Tilapia Garlic/Parm	1 fillet	386	26	4	0	34			✓	Milk, Fish,Soy
Baked Tilapia Veracruz	1 fillet	219	11	8	1	22			✓	Fish,Soy
<b>Avocado Toast:</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Avocado Toast with Tomato on Flatbread	1 serving	184.5	6.5	26.5	3	5		✓		Wheat, Milk, Soy, May contain Sesame
Avocado Toast with Tomato on Texas Toast	1 serving	170.5	4.5	27.5	3	5	✓	✓		Wheat, Soy
Avocado Toast with Egg on Flatbread	1 serving	322.5	16.5	26	2.5	17.5		✓		Wheat, Milk, Soy, May contain Sesame
Avocado Toast with Egg on Texas Toast	1 serving	308.5	14.5	27	2.5	17.5		✓		Wheat, Soy
Avocado Toast with Bacon, Egg, and Cheese on Flatbread	1 serving	601.5	39.5	28.5	3	33				Wheat, Milk, Soy, Pork, May contain Sesame
Avocado Toast with Bacon, Egg, and Cheese on Texas Toast	1 serving	587.5	37.5	29.5	3	33				Wheat, Soy, Pork
Avocado Toast with Bacon, Egg, and Cheese on English Muffin	1 serving	611.5	37.5	34.5	3	34				Wheat, Soy, Pork
Boiled Egg	1 egg	73	5	1	0	6		✓	✓	Egg
<b>Extras</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergen/Contains</b>
Mashed Potatoes & Gravy	4oz	635	16	113.5	4.5	9.5				Wheat, Milk, Soy, May contain Egg
Sweet Potato Fries	4oz	234.5	10.5	32.5	4	2.5	✓	✓	✓	
Fried Cheese Sticks	5 Sticks	437	32	22	0	18		✓		Wheat, Milk, Soy



French Fries	4oz	282	19	27	0	3	✓	✓	✓	Soy
Corn Nuggets	3oz	190	8	29	0	3		✓		Wheat, Milk, Egg, Soy
Fried Pickles	4oz	280	16	31	1.5	4	✓	✓		Wheat, Soy
Pepper Jack Mac & Cheese Bites	3oz	300	18	24	1	8		✓		Wheat, Milk, Soy
Jalepeno Cheddar Poppers										
Desserts	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Fudge Nut Brownies	1 slice	318	16	42	2	6				Wheat,Milk,Soy,Egg,Tree Nuts
Sweet Street Cheesecake	1 slice	408	29	35	1	7				Wheat,Milk,Soy,Egg
Red Velvet Cake	1 Slice	550	34	59	1	4		✓		Wheat,Milk,Soy,Egg
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										