

Raider Pit BBQ										Fall 2020
Item	Serving Size	Calories	Fats	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergies/Contains
BBQ Meats										
Smoked Brisket	6oz	284.5	16.5	0	0	34			✓	
Baby Back Ribs	4ct (4oz)	301	25	0	0	19			✓	Pork
Roasted Half Chicken	4oz	231.4	13	2.6	0	26			✓	
Smoked Sausage	4oz	414	38	6	0	12			✓	Soy, Pork
BBQ Sandwiches										
BBQ Brisket Sandwich	1 sandwich	528.6	19	49.2	1.6	40.2				Wheat, Soy
BBQ Sausage Sandwich	1 sandwich	658.1	40.5	55.2	1.6	18.2				Wheat, Soy, Pork
Side Dishes										
Ranchero Pinto Beans	4oz	93.5	0.43	17.2	4.3	5.2	✓	✓	✓	
Potato Salad	4oz	160	7.1	21.3	2.7	2.7			✓	Soy,Eggs
Cornbread Muffin	1 muffin	347	15	47	1	6		✓		Wheat,Milk,Soy,Egg
Jalapeno Cornbread	1 piece	188	8	25	1	4		✓		Wheat,Milk,Soy,Egg
Mac and Cheese	4oz	231	14	17	0	10		✓		Wheat, Milk, Soy
Coleslaw	4oz	172	13	12	3	1		✓	✓	Soy,Egg
Sauces										
BBQ Sauce - Sweet	2oz	95.1	0	23.8	0	0	✓	✓	✓	
BBQ Sauce - Regular	2oz	59.4	0	14.85	0	0		✓	✓	
Condiments										
Dill Pickle Sliced	0.25oz	1	0	0.25	0	0	✓	✓	✓	
Jalapeno Slices, canned	1oz	4	0	1	0	0	✓	✓	✓	
Yellow Onion	1oz	9.2	0	2.1	0.6	0.2	✓	✓	✓	
Desserts										
Apple Cobbler	4.5oz	236	8	39	1	2	✓	✓		Wheat, Soy
Cherry Cobbler	4.5oz	248	8	42	1	2	✓	✓		Wheat, Soy
Peach Cobbler	4.5oz	249	9	40	1	2	✓	✓		Wheat, Soy
All Fried Items have been fried in Canola Fry Oil in Common Fryer Dairy and Other Wheat Items										
Indicates a "Smart Choice" lower in fat an dpacked 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										