

									Updated	Spring 2020
Location/Food	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Sneed										
Breakfast										
Red Raider Breakfast	1 Plate	574	36	34	2	25				Wheat, Milk,Soy, Egg,Pork
BYO Burrito	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Bacon	1oz	70	6	0	0	4			✓	Pork
Ham	2oz	60	1.5	2	0	10			✓	Pork
Sausage	2oz	170	15	0	0	8			✓	Pork
Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Eggs
Shredded Hashbrown	3oz	120	5	16	0	2		✓	✓	Milk,Soy
Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Flour Tortilla	8" Tortilla	130	3	22	1	4	✓	✓		Wheat,Soy
Sandwiches/Biscuits	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Toaster Sandwich	1 Sandwich	540	28	49	2	29				Wheat,Soy,Milk,Egg,Pork
Biscuit	1 Biscuit	180	8	22	1	4				Wheat, Milk, Whey, Soy
Bacon Biscuit	1 Biscuit	326	20	23	1	12				Wheat,Milk,Soy,Pork
Sausage Biscuit	1 Biscuit	423	31	24	1	8				Wheat,Milk,Soy,Pork
Specialty Breakfast Sandwich										
With Ham	1 Sandwich	476	18	49	2	31				Wheat,Milk,Soy,Egg,Pork
With Bacon	1 Sandwich	556	28	47	2	29				Wheat,Milk,Soy,Egg,Pork
With Sausage	1 Sandwich	653	49	37	2	25				Wheat,Milk,Soy,Egg,Pork
Sausage, Egg & Cheese Biscuit	1 Biscuit	538	37	25	1	23				Wheat,Milk,Soy,Egg,Pork
Other Breakfast Items										
Pancakes	1 Pancake	175	14	44	1	5		✓		Wheat, Milk,Soy
Scrambled Eggs	3.5oz	120	11	2	0	10		✓	✓	Milk,Egg
Bacon	1oz	70	6	0	0	4			✓	Pork
Sausage Patties (2)	2 Patties	300	28	0	0	6			✓	Pork
Hashbrown	1 Patty	237	14.5	23	2.5	2.5	✓	✓	✓	Soy
Breakfast Potatoes	3oz	110	3	19	2	2	✓	✓	✓	Soy
Biscuits (1) & Gravy	1 Biscuit	308	14	40	1	4		✓		Wheat,Milk,Soy,Egg
Biscuits (2) & Gravy	2 Biscuits	615	27	80	2	8		✓		Wheat, Milk,Soy,Egg
Texas Toast (Flowers)	2 Slice	200	2	38	1	6	✓	✓		Wheat, Barley, Soy
Extra Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Gravy	1oz	45	2	6	0	9				Wheat, Milk(May Contain: Egg, Soy)
Flat Bread Pizza	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
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	486	18	54	4	26		✓		Wheat, Milk, (May Contain: Soy, Sesame)
Pizza Sauce	2oz	25	0	4	1	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
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)
Bocadillo Grill	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
BLT on White Bread	1 Sandwich	416	15	52	2	18				Wheat, Pork
BBQ Black Bean Patty	1 Patty	160	3	28	8	11	✓	✓		Wheat, Soy
Chicken Strips										
Small	3 Count	495	33	25	0	25				Wheat, Milk, Eggs, Soy
Large	4 Count	929	59	50	0	50				Wheat, Milk, Eggs, Soy
Chicken Strip Sandwich (2 Strips)	1 Sandwich	637	31	53	2	37				Wheat, Milk, Eggs, Soy

Chicken Cordon Bleu	1 Serving	696	36	57	0	39				Wheat, Milk, Soy, Pork
Grilled Chicken	4oz	140	3	2	0	24			✓	Soy
Double Meat Burger	1 Burger	678	42.5	31	2	40				Wheat, Soy
Double Meat Cheeseburger	1 Burger	784	52	31	2	46				Wheat, Milk, Soy
Double Meat Philly Steak Sandwich (No Cheese)	1 Sandwich	596	20	64	2	56				Wheat, Milk, Soy
Grilled Club	1 Sandwich	533	29	30	2	37				Wheat, Soy, Pork
Hamburger	1 Burger	424	22.5	31	1	23				Wheat, Soy
Patty Melt	1 Sandwich	709	37	54	2	42				Wheat,Dairy,Soy
Philly Steak Sandwich (with Hoagie Roll, No Cheese)	1 Sandwich	495	15	62	2	38				Wheat, Soy
Popcorn Chicken	3-4oz	404	28	18	1	18				Wheat/Soy
Spicy Chicken Strip Sandwich	1 Sandwich	645	31	55	2	37				Wheat,Soy,Egg,Milk
White Bread (Hilltop)	2 Slices	260	1	25	1	5	✓	✓		Wheat, Soy
Hoagie 6" White	1 Bun	190	1.5	38	1	7	✓	✓		Wheat, Soy
Hoagie 6" Wheat	6"	100	1.25	19	3	8	✓	✓		Wheat, Barley, Soy (May Contain Wheat, Egg and Sesame from Factory)
Sourdough	2 slicesBread	240	2	48	2	10	✓	✓		Wheat, Soy
Hamburger Bun (Flowers)	1 Bun	160	1.5	33	1	5	✓	✓		Wheat, Soy
Slider Bun	1 Slider Bun	140	1.5	28	1	4	✓	✓		Wheat, Soy
Cheese										
American Cheese	1oz	106	9	1	0	6		✓	✓	Milk, Soy
Pepper Jack Cheese	1oz	80	6	1	0	5		✓	✓	Milk
White American	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Swiss	1oz	80	6	0	0	5		✓	✓	Milk
Provolone	1oz	80	6	1	0	6		✓	✓	Milk
Sides and Add Ons										
Add American Cheese	1oz	106	9	0	0	6		✓	✓	Milk, Soy
Add Bacon	1oz	146	12	0	0	8			✓	Pork
French Fries	4 oz	282	19	27	0	3	✓	✓	✓	Soy
Macaroni & Cheese	4oz	380	18	38	0	17		✓		Wheat, Milk
Mashed Potatoes	4oz	90	2	17	1	2		✓	✓	Milk
Green Beans	4oz	70	5	4	2	0	✓	✓	✓	Milk(Butter)
Corn	4oz	163	5	28	1	4	✓	✓	✓	Milk(Butter)
Pepper's	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:

Burritos										
Fried Burrito	1 Burrito	320	16	34	3	9				Wheat, Milk, Soy
Beef and Bean Burrito	1 Burrito	330	16	34	3	9				Wheat, Milk, Soy
Naked Burrito Bowl/Quesadilla/Nachos/Burrito										
Beef	4oz	223	14	0	0	23			✓	
Chicken	4oz	170	5	1	0	31				
Taco Meat	4oz	300	25	0	0	19				
Refried Beans	2oz	65	2	12	5	4	✓	✓	✓	
Black Beans	2oz	60	0	11	3	4	✓	✓	✓	
White Rice	2oz	42	0	9	0	1	✓	✓	✓	
Spanish Rice	2oz	120	3	22	0.5	3	✓	✓		Wheat, Soy
Build Your Own (BYO)										
Tortillas (6")	1 Tortilla	90	2	15	1	3	✓	✓		Wheat, Soy
Tortillas (12") Wheat	1 Tortilla	290	7	50	6	9				Wheat,Soy
Tortillas (12")	1 Tortilla	310	8	52	5	9	✓	✓		Wheat, Soy
Tortilla Chips	3oz	270	3	57	3	6	✓	✓	✓	
Toppings										
Cheese	3oz	330	27	3	0	21		✓	✓	Milk
Green leaf lettuce	3oz	15	0	3	1	1	✓	✓	✓	
Jalapenos	2oz	10	0	2	0	0	✓	✓	✓	
Onions	3oz	20	0	4	1	1	✓	✓	✓	
Pico de Gallo	3oz	15	0	3	1	1	✓	✓	✓	
Queso	4oz	280	24	8	0	12		✓	✓	Milk
Tomato	3oz	15	0	3	1	1	✓	✓	✓	
Sides										
Guacamole	1 each	100	9	5	3	1	✓	✓	✓	
Salsa	2oz	16	0	4	2	0	✓	✓	✓	
Sour Cream	1oz	60	5	1	0	1		✓	✓	Milk
Subs, Salads & Paninis	Serving Size	Calories	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Make Your Own Sandwich										
Hoagie 6" White	1 Bun	190	1.5	38	1	7	✓	✓		Wheat, Barley, Soy
Hoagie 6" Wheat	1 Bun	140	2.5	25	1	5	✓	✓		Wheat, Barley, Soy
Sourdough (Flowers)	2 Slices	160	1	32	1	6	✓	✓		Wheat, Soy
Hamburger Bun (Flowers)	1 Bun	160	1.5	33	1	5	✓	✓		Wheat, Barley, Soy
Flat Bread (Rich's)	1 Bread	130	3	22	1	4		✓		Wheat, Milk, May Contain: Soy, Sesame
Wheat Berry Bread	2 Slices	360	2.5	21	2	7	✓	✓		Wheat,Soy
Protein(g)s										
Ham	3oz	98	3	3	0	15			✓	Pork
Roast Beef	3oz	76	2	2	0	14			✓	
Turkey	3oz	94	1	0	0	21			✓	
Toppings										
Black Olives	1oz	47	3.5	2	0	0	✓	✓	✓	
Cucumber	1oz	5	0	1	0	0	✓	✓	✓	
Green Leaf Lettuce	1oz	4	0	<1	<1	<1	✓	✓	✓	
Pickles	1oz	5	0	0	0	0	✓	✓	✓	
Red Onion	1oz	2	0	0.5	0	0	✓	✓	✓	
Spinach	1oz	6.5	<1	1	<1	1	✓	✓	✓	
Tomatoes	1oz	5	<1	<1	<1	<1	✓	✓	✓	
Cheese										
American Cheese	1oz	100	9	1	0	5		✓	✓	Milk, Soy
Pepper Jack Cheese	1oz	80	6	0	0	5		✓	✓	Milk
White American	1oz	70	6	1	0	4		✓	✓	Milk, Soy
Swiss	1oz	80	6	1	0	6		✓	✓	Milk
Provolone	1oz	100	8	1	0	7		✓	✓	Milk
Dressings										
Honey Mustard	1oz	14	1	1	0	1			✓	

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