

		Total Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Item	Portion															
Bacon Biscuits	each	440	26	13	40	1270	39	1	3	3	10	0	50	3	0	Milk, Soy, Wheat
Sausage Patty Biscuits	each	540	34	15	63	1600	39	1	3	3	20	0	50	2	0	Milk, Soy, Wheat
Chicken Biscuits	each	620	38	13	75	985	39	1	3	3	32	0	50	2	0	Milk, Soy, Wheat
Bacon, Egg, & Cheese Biscuits	each	545	34	17	218	1570	41	1	3	3	19	1	140	4	90	Egg, Milk, Soy, Wheat
Sausage Patty, Egg, & Cheese Biscuits	each	645	42	19	241	1900	41	1	3	3	29	1	140	4	90	Egg, Milk, Soy, Wheat
Bacon, Egg, & Cheese Burritos	each	475	26	11	218	1180	38	1	0	0	20	1	250	5	140	Egg, Milk, Soy, Wheat
Sausage, Egg, & Cheese Burritos	each	575	34	13	241	1510	38	1	0	0	30	1	250	4	140	Egg, Milk, Soy, Wheat
Bacon, Egg, & Cheese King's Hawaiian Sandwiches	each	405	25	11	238	860	25	1	7	7	19	1	118	3	155	Egg, Milk, Soy, Wheat
Sausage, Egg, & Cheese King's Hawaiian Sandwiches	each	505	33	13	261	1190	25	1	7	7	29	1	118	3	155	Egg, Milk, Soy, Wheat
Bacon, Egg, & Cheese Croissants	each	455	30	13	218	940	27	1	3	3	19	2	149	3	136	Egg, Milk, Soy, Wheat
Sausage Patty, Egg, & Cheese Croissants	each	555	38	15	241	1270	27	1	3	3	29	2	149	3	136	Egg, Milk, Soy, Wheat
Biscuits	each	380	23	10	0	940	39	1	3	3	4	0	50	2	0	Milk, Soy, Wheat
Cinnamon Rolls	each	600	23	15	5	1255	93	3	46	46	8	0	80	3	10	Milk, Soy, Wheat
Honey Cornbread Muffins	each	170	7	1	20	250	28	1	9	9	2	0	10	1	30	Eggs, Milk, Soy, Wheat
Chicken Tenders	each	240	15	2.5	75	45	0	0	0	0	28	0	0	0	0	Wheat, Soy
Chicken Leg	each	330	28	6	70	470	0	0	0	0	18	0	11	1	180	Wheat, Soy
Chicken Thigh	each	460	37	9	115	765	0	0	0	0	28	0	18	2	293	Wheat, Soy
Chicken Breast	each	725	55	14	200	1350	0	0	0	0	52	0	32	3	518	Wheat, Soy
Chicken Wing	each	330	28	6	70	470	0	0	0	0	18	0	11	1	180	Wheat, Soy
Fried Frish	each	280	19	3	90	156	2	0	0	0	26	20	22	1	571	Milk, Soy
Mac & Cheese	3oz	102	4	2	11	406	12	0	0	0	5	0	86	0	94	Milk, Wheat
Mashed Potatoes	3oz	105	4	2	11	346	15	2	1	0	2	1	23	1	263	Milk
Green Beans	3oz	41	3	1	3	274	3	2	0	0	1	0	23	0	81	
Collard Greens	3oz	51	2	1	2	181	3	2	0	0	2	0	79	1	138	
Cabbage	3oz	58	1	0	3	216	11	5	0	0	3	0	76	1	323	
Italian Sub	each	870	42	15	105	2396	69	10	5	0	49	0	0	0	0	Milk, Soy, Wheat
Ham & Swiss Sub	each	640	20	11	92	2218	67	2	2	0	44	0	0	0	0	Milk, Soy, Wheat
Turkey & Provolone Sub	each	650	20	5	69	2206	70	10	7	0	45	0	0	0	0	Milk, Soy, Wheat
Chicken Salad King's Hawaiian Sandwich	each	365	18	5	71	536	30	1	12	12	23	0	47	2	121	Eggs, Milk, Soy, Wheat
Ham & Swiss King's Hawaiian Sandwich	each	350	12	7	75	915	43	1	15	15	18	0	155	2	273	Eggs, Milk, Soy, Wheat
Turkey & Provolone King's Hawaiian Sandwich	each	360	13	6	80	495	41	1	13	13	21	0	155	2	373	Eggs, Milk, Soy, Wheat
Chicken Salad Croissant	each	415	23	6	51	616	32	1	8	8	23	1	78	2	102	Eggs, Milk, Soy, Wheat
Ham & Swiss Croissant	each	320	17	9	20	295	32	1	4	4	11	0	198	2	70	Milk, Soy, Wheat
Turkey & Provolone Croissant	each	410	19	9	58	1035	37	1	4	4	25	0	198	2	70	Milk, Soy, Wheat
Ham & Swiss Snackwich	each	320	10	6	46	1109	34	1	1	0	22	0	0	0	0	Milk, Soy, Wheat
Turkey & Provolone Snackwich	each	325	10	3	35	1103	35	5	4	0	23	0	0	0	0	Milk, Soy, Wheat
Banana Nut Muffins	each	690	39	6	130	420	78	1	44	40	10	0	52	1	140	Egg, Milk, Soy, Wheat, Tree Nuts
Blueberry Crumb Muffins	each	620	31	6	125	420	77	1	43	40	9	0	46	1	44	Egg, Milk, Soy, Wheat
Red Velvet Muffins	each	700	38	13	105	440	83	1	52	51	10	0	61	3	164	Egg, Milk, Soy, Wheat
M&M Cookies	each	560	27	13	45	290	79	3	50	47	7	0	47	5	224	Milk, Eggs, Soy, Wheat
Reese's Peanut Butter Cup Cookies	each	630	38	17	40	480	66	2	46	43	11	0	55	2	256	Milk, Eggs, Nut, Soy, Wheat
Hershey's Triple Chocolate Cookies	each	570	28	14	45	290	78	3	49	48	7	0	53	5	215	Milk, Egg, Soy, Wheat