Nutrition Guide

Kids Menu

Breakfast			Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lil Farmers Breakfast	Includes: Hotcakes, Syrup, Homefries, Egg		590	230	26	6	0	210	1010	78	2	11	13
	*Plus, Choice of:	Sausage Link	50	40	4	1	<1	12	196	<1	0	0	4
		Bacon	100	105	12	4	0	11	3	0	0	0	<1
Little Piggy Hotcakes	Includes: Hotcakes, Chocolate Sauce, Syrup, Banana Slices, Sausage		590	110	13	5	0	10	1020	107	3	23	11
Plenty-O-Pancakes	Includes: Hotcakes, Syrup, Whipped Cream		1800	350	39	16	0.5	0	3440	326	8	79	32
	*Plus, Choice of:	Sausage Link	50	40	4	1	<1	12	196	<1	0	0	4
		Bacon	100	105	12	4	0	11	3	0	0	0	<1
Tic-Tac-Toast	Includes: French Toast, Syrup, Sausage		480	110	13	5	0	150	510	77	1	14	14
Turkey Sausage Breakfast	Includes: Egg, Wheat Toast, Turkey Link		240	45	5	1.5	0	30	750	26	2	4	20
Lunch & Dinner			Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken & Noodles	Includes: Chicken-N-Noodles, Fresh Steamed Broccoli		150	60	7	1.5	1	30	540	14	<1	<1	10
Cheeseburger	Includes: Cheeseburger, French Fries		760	320	36	12	1	60	1210	84	6	5	20
Grilled Chicken	Includes: Grilled Chicken, Steamed Broccoli, Roll, Apple Juice		360	50	6	1.5	0	50	630	52	1	23	27
Grilled Cheese & Soup	Includes: Grilled Cheese Sandwich and cup of Tomato Basil Soup		430	200	22	10	2	50	1200	43	3	14	13
Grilled Cheese Triangles	Includes: Grilled Cheese, Fresh Fruit		330	130	15	7	1.5	30	770	40	2	16	10
Homestyle Fried Chicken Tenders	Includes: Chicken Tenders, French Fries		760	340	38	11	0	70	1320	78	7	0	22
	*Plus, Choice of:	Barbeque Sauce	50	0	0	0	0	0	220	13	0	5	0
		Honey Mustard	120	100	11	1.5	0	10	150	5	0	5	0
		Ranch	100	90	10	2	0	10	210	<1	0	<1	0
Mac & Cheese	Includes: Mac & Cheese, Fresh Steamed Broccoli		280	110	12	5	0	25	940	31	2	4	14
Turkey Lurkey	Includes: Turkey, Mashed Potatoes, Gravy, Carrots, Chicken Gravy		410	210	23	10	0	70	1430	34	4	12	18

Sides	Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Baked Potato	330	100	12	4	0	15	120	51	4	2	6
French Fries	330	130	14	2.5	0	0	480	47	4	0	0
Fresh Steamed Broccoli	30	0	0	0	0	0	25	5	0	0	3
Garden Salad (no dressing)	110	40	4.5	2	0	10	180	13	5	3	6
Green Beans & Ham	30	15	1.5	0	0	<5	460	4	2	0	2
Mashed Potatoes & Chicken Gravy	210	120	14	7	0	30	830	19	2	2	3
Mashed Potatoes & Country Gravy	170	90	10	6	0	25	560	17	2	2	3

Dessert	Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Caramel Sundae	190	60	7	4.5	0	20	135	31	0	12	3
Chocolate Chunk Cookie	520	230	26	13	0	35	370	68	3	41	6
Chocolate Fudge Sundae	190	70	8	4.5	0	20	55	30	<1	21	3
I'm Smiling Sundae	280	100	12	6	0	20	105	40	1	30	5

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary

Nutrition information based off of individual serving, four servings per container.

Updated 3/20