

Side Dishes	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Asparagus w/ Lemon Sauce	5 Spears	45	3	0.4	111	5	2	2
Baby Carrots (Cooked)	1/2 c	50	2	0.4	71	7	3	0.5
Broccoli and Carrots	1/2 c	41	2	0.3	196	6	3	1.5
Buttered Corn	1/2 c	150	8	1.4	463	20	2	2
Brown Gravy	1-1oz ladle	24	2	0.3	101	2	0	0.4
Chicken Tenders	4 oz	332	16.5	2.8	767	25.5	1	20
Cilantro Rice	1/2 c	106	3	0.3	180	18.5	1	2
Creamy Orzo	1/2 c	169	6	1	176	24	1	4.5
French Fries	6 oz	253	11	2	33	35	3	3
Fried Rice	3 oz	78	3	0.3	159	11	2	2.5
Green Beans	1/2 c	42	0.3	0	9.5	9.5	3.5	2
Macaroni and Cheese	3 oz	149	7	3	279	15	1	6
Mashed Red Potatoes	1/2 c	115	4	0.7	189	18	2	2
Mashed Sweet Potatoes w/ Pecan Butter	1/2 c	287	2	0.4	189	64	8	5
Onion Rings	6 oz	440	22	3.5	1408	52	3	5
Potato Wedges	1/2 c	139	6	0.8	39	20	2	2
Rice	1/2 c	116	2	0.2	91	23	0.4	2
Roasted Yukon Gold Potatoes	1 each	174	9	1	493	23	1.6	2
Roasted Vegetables	1/2 c	184	18	2.5	66	6	2	1
Sweet Potato Fries (Fried)	17	320	19.5	1	270	34	4	3

We attempt to provide nutrition information that is as complete as possible. The nutritional values are based on standard product formulations and data from our suppliers. Variations may occur due to the use of regional suppliers, seasonal influences, differences in product preparation at the unit level, recipe revisions, and other factors. This information is always subject to change and will be updated periodically.