



**Nutritional Facts**

June 2006

**Great Additions**

SIDES	+	number of servings	serving weight(g)	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Boneless Wings (ea)		1	31	50	2	0	10	200	5	0	0	5
Breadsticks		6	61	180	9	2	0	370	21	1	2	4
CheezyPan		8	46	100	3.5	1.5	5	220	14	0	1	4
CheezyStix		2	108	360	20	8	25	800	29	1	2	15
CinnaPan	+(1)	8	29	80	1.5	0	0	115	14	0	2	2
Garlic Cheese Bread		8	44	140	7	2	5	230	18	0	0	4
Side Salad	+(2)	1	162	100	6	3.5	15	180	7	1	2	6
Chef Salad	+(2)	1	331	280	19	8	55	1360	13	3	4	18
Grilled Chicken Salad	+(2)	1	349	230	11	6	50	650	18	3	5	22
Spaghetti w/sauce		1	255	260	1	0	0	630	54	3	6	9
Spaghetti w/meatballs		1	296	380	10	4.5	25	930	57	5	7	16
Streusel (Cherry)	+(1)	8	60	180	3	0.5	0	21	35	0	3	3
Streusel (Apple)	+(1)	8	60	190	3	0.5	0	220	38	1	14	3
Wings-BBQ/presauced (ea)		1	38	70	4	1	40	140	2	0	0	7
Wings-Hot/presauced (ea)		1	38	80	6	1.5	35	150	0	0	0	7
(1) Icing	+	1	7	20	0	0	0	0	0	-	5	0
(2) Italian dressing	+	1	43	110	10	1.5	0	440	3	0	2	0
LDR Italian dressing	+	1	57	70	6	1	0	480	5	1	4	1
Ranch dressing	+	1	43	220	23	3.5	10	400	2	0	2	-
LDR Ranch dressing	+	1	57	60	8	1.5	15	650	12	0	2	0
1000 Island dressing	+	1	43	220	22	3.5	20	300	5	0	5	0
Blue Cheese dressing	+	1	43	180	19	3.5	5	440	2	0	1	1
Honey French dressing	+	1	43	220	18	2.5	-	310	13	0	13	0
Poppyseed dressing	+	1	43	190	15	2	15	310	13	0	13	0