

# STARTERS

		Gram Weight(g)	Calories (kcal)	Protein	Carbohydrates(g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (g)	Vitamin A - I U	Vitamin C	Calcium	Iron	Sodium (mg)
<b>BREAD SIDES &amp; DIPPING SAUCES</b> Bread serving size: Dipping sauce as per container	Breadsticks	33	130	3	14	1	1	7.0	1.5	0	0	20%	0%	0%	6%	90
	Cheesy Bread	38	140	4	14	1	1	7.0	2.3	0	5	2%	0%	4%	6%	140
	Cinna Stix	35	140	3	17	1	4	7.0	1.5	0	0	0%	0%	0%	6%	80
	Marinara Dipping Sauce	57	25	1	5	1	3	0	0.0	0	0	6%	150%	0%	2%	260
	Sweet Icing Dipping Sauce	71	250	0	57	0	55	3.0	2.5	0	0	0%	0%	0%	0%	0
<b>CHICKEN SIDES</b> Chicken serving size: One average size Buffalo wing or Domino's Pizza Chicken Kicker , Dipping sauces as per container	Domino's Pizza Chicken Kickers	360	45	4	3	0	0	2.0	0	0	10	0%	0%	0%	0%	160
	Barbeque Chicken Wings	375	88	9	2	0	2	4.5	1.5	0	50	20%	0%	25%	70%	0
	Hot Chicken Wings	390	85	9	2	0	1	4.5	1.5	0	50	2%	0%	0%	2%	250
	Hot Dipping Sauce	28	78.1	0	1.95	0	0.65	7.8	1.3	0	0	5%	10%	0%	0%	514
	Ranch Dipping Sauce	28	130	0.65	1.3	0	1.3	13.7	1.95	0	6.51	0%	0%	1%	0%	273
	Barbeque Dipping Sauce	28	40	0	1.12	0	9	0.0	0	0	0	2%	2%	4%	4%	240
Potato Wedges	Small Potato wedges	250	307	6.81	74.7	8.48	26.2	16.9	8.48	1.66	0	0%	19%	2%	4%	1460
	Large Potato Wedges	500	614	13.6	149	17	52.4	33.8	17	3.32	0	0%	19%	2%	4%	2920
	Ketchup Portion	10	11	0.1	2.3	0	0	0	0	0	0	0	0	0	0	0
<b>SALADS &amp; DRESSING</b> Salad serving size: 2 per container Dressing is per package	Garden Fresh Salad	119	117	6.87	3.74	1.27	2.18	9.2	26.3	0	0	41%	18%	19%	4%	170
	Golden Italian Dressing	43	220	0	2	0	2	23.0	3.5	0	0	0%	0%	0%	0%	370
	Thousand Island Dressing	43	157	0	8.6	0	8.6	12.9	2.15	0	0.01	0%	0%	0%	2%	430