

Menu Item	Serving Size	Calories	Calories From Fat				Cholesterol	Protein	Carbohydrate	Total		Sodium
			Fat	Fat	Sat Fat	Trans Fat				Sugars	Fiber	
AuGratin Potatoes	110g (1 spoon)	110	50	5g	3.5g	0g	20mg	5g	10g	1g	<1g	330mg
Baked Potatoes	130g (1 each)	150	0	0g	0g	0g	0mg	4g	36g	2g	4g	20mg
BBQ Baked Beans	85g (1 spoon)	130	30	3g	1g	0g	<5mg	4g	26g	15g	4g	680mg
Bread Dressing	100g (1 spoon)	150	50	6g	1g	1g	10mg	4g	21g	2g	1g	440mg
Broccoli/Cauliflower Medley	85g (1 spoon)	25	0	0g	0g	0g	0mg	2g	6g	1g	2g	30mg
Broccoli Florets	85g (1 spoon)	25	0	0g	0g	0g	0mg	2g	6g	1g	2g	30mg
Broccoli Florets and Cheese Sauce	85g (1 spoon)	50	20	2g	0.5g	0g	0mg	2g	8g	1g	2g	410mg
Buttered Noodles	100g (1 spoon)	150	40	5g	1g	0g	30mg	4g	24g	0g	1g	170mg
Cajun Rice	70g (1 spoon)	90	20	2g	0g	0g	0mg	2g	16g	<1g	<1g	470mg
Candied Yams	118g (1 spoon)	140	10	1.5g	0g	0g	0mg	1g	33g	15g	2g	45mg
Cauliflower AuGratin	85g (1 spoon)	50	20	2g	0.5g	0g	0mg	2g	8g	1g	2g	410mg
Cheesy Hashbrowns	100g (1 spoon)	140	70	8g	5g	0g	25mg	6g	10g	1g	<1g	310mg
Cheesy Twice Baked Potato	110g (1 spoon)	150	80	9g	6g	0g	25mg	5g	13g	2g	1g	480mg
Collard Greens with Bacon	110g (1 spoon)	40	20	2.5g	1g	0g	0mg	2g	3g	1g	1g	310mg
Cornbread Dressing	100g (1 spoon)	220	120	13g	2.5g	1g	45mg	4g	22g	9g	1g	540mg
Corn on the Cob	130g (1 piece)	80	20	2.5g	0.5g	0g	0mg	2g	13g	2g	2g	20mg
Dirty Rice	70g (1 spoon)	100	20	2.5g	1g	0g	20mg	3g	15g	0g	0g	260mg
French Fries	60g (22 fries)	170	80	9g	1.5g	0g	0mg	2g	23g	0g	2g	400mg
Fried Okra	85g (1 spoon)	220	110	12g	1g	0g	0mg	3g	28g	2g	3g	590mg
Fried Rice with Ham	100g (1 spoon)	130	50	6g	1.5g	0g	70mg	5g	14g	1g	<1g	720mg
German Boiled Cabbage	85g (1 spoon)	40	20	2.5g	1g	0g	0mg	3g	4g	2g	1g	230mg

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Green Bean Casserole	110g (1 spoon)	100	60	7g	2.5g	0g	0mg	2g	10g	2g	2g	440mg
Green Beans	85g (1 spoon)	15	0	0g	0g	0g	0mg	<1g	3g	1g	1g	340mg
Green Beans El Greco	85g (1 spoon)	20	0	0g	0g	0g	0mg	1g	6g	3g	2g	150mg
Green Cabbage	85g (1 spoon)	70	50	5g	1g	0g	0mg	2g	6g	4g	2g	500mg
Grilled Cowboy Potatoes	100g (1 spoon)	180	80	9g	1.5g	0g	0mg	3g	23g	1g	4g	640mg
Grilled Vegetables	85g (1 spoon)	40	20	2.5g	0g	0g	0mg	1g	4g	2g	1g	40mg
Jo Jo Potatoes	82g (1 tong)	160	70	8g	1.5g	0g	0mg	3g	22g	0g	2g	290mg
Joe's Cracked Pepper Green Beans with Bacon	85g (1 spoon)	70	40	4.5g	1.5g	0g	5mg	3g	6g	2g	2g	210mg
Mashed Potatoes	110g (1 spoon)	70	5	0.5g	0g	0g	0mg	1g	13g	1g	1g	270mg
Montreal Vegetable Medley	85g (1 spoon)	50	40	4.5g	0.5g	0g	0mg	1g	3g	2g	1g	160mg
Onion Rings	72g (1 tong)	230	130	14g	2.5g	0g	0mg	3g	25g	3g	2g	220mg
Potato Skins	14g (1 tong)	80	50	5g	0.5g	0g	0mg	1g	7g	0g	0g	90mg
Ranch Red Potatoes	100g (1 spoon)	100	40	4.5g	1g	0g	0mg	2g	16g	1g	2g	150mg
Risotto Style Rice	70g ( spoon)	100	50	4g	1g	0g	0mg	2g	15g	<1g	0g	310mg
Risotto Style Rice-Chicken	70g ( spoon)	120	45	5g	1g	0g	15mg	6g	13g	<1g	0g	480mg
Sauteed Zucchini	85g (1 spoon)	50	50	4g	0.5g	0g	0mg	1g	4g	2g	1g	60mg
Seasoned Cabbage	85g (1 spoon)	40	20	2g	0.5g	0g	0mg	1g	5g	3g	2g	310mg
Seasoned Collard Greens	85g (1 spoon)	40	25	2.5g	0g	0g	0mg	1g	3g	1g	2g	310mg
Seasoned Green Beans	85g (1 spoon)	40	20	2g	0g	0g	0mg	1g	6g	1g	2g	160mg
Seasoned Turnip Greens	85g (1 spoon)	40	25	2.5g	0g	0g	0mg	1g	3g	1g	2g	310mg
Smokey Red Beans & Rice	85g (1 spoon)	100	60	7g	2.5g	0g	5mg	4g	10g	0g	3g	290mg
Spaghetti	100g (1 spoon)	150	30	3g	0.5g	0g	0mg	5g	27g	1g	2g	90mg
Spanish Rice	70g (1 spoon)	140	60	7g	3.5g	0g	30mg	9g	9g	2g	<1g	370mg

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			From Fat	Fat							Sugars	Fiber	
Spinach Marie	110g (1 spoon)	190	130	14g	5g	0g	100mg	7g	8g	1g	1g	480mg	
Squash	85g (1 spoon)	150	80	9g	2g	0g	0mg	1g	18g	9g	1g	10mg	
Steamed Carrots	85g (1 spoon)	40	20	2.5g	0.5g	0g	0mg	<1g	7g	4g	3g	65mg	
Steamed Corn	85g (1 spoon)	90	20	2.5g	0.5g	0g	0mg	3g	17g	2g	2g	210mg	
Steamed Red Potatoes	100g (1 spoon)	90	30	3g	0.5g	0g	0mg	2g	15g	1g	2g	20mg	
Sweet Potatoes	95g (1/2 each)	80	0	0g	0g	0g	0mg	2g	20g	8g	3g	35mg	
Topped Baked Potatoes	110g (1/2 potato)	150	50	6g	3.5g	0g	20mg	8g	19g	1g	2g	190mg	
Vegetable Rice Pilaf	70g (1 spoon)	60	0	0g	0g	0g	0mg	2g	14g	1g	<1g	95mg	
Vegetable Stir-Fry	85g (1 spoon)	60	30	3g	0.5g	0g	0mg	2g	7g	3g	1g	210mg	
White Rice	70g (1 spoon)	90	0	0g	0g	0g	0mg	2g	20g	0g	<1g	270mg	