







Family Recipe Meatballs	1 serv	150	9	4	0	45	590	8	1	3	10	X		X		X		
Fresh Stuffed Jalapenos**	2 each	260	23	7	0	30	600	4	1	2	9	X		X				
Italian Garlic Breadsticks	2 each	280	8	2	0	0	930	43	4	9	7			X		X		
Asiago Cheese Bread	1/4 bread	240	9	4.5	0	20	540	28	2	3	12	X		X		X		
Garlic Asiago Cheese Bread	1/4 bread	240	9	4.5	0	20	540	28	2	3	12	X		X		X		
<b>STROMBOLI</b>																		
Pepperoni Stromboli**	1 serv	970	43	19	1	110	2430	95	8	15	48	X		X		X		
Three Meat Stromboli**	1 serv	960	42	19	1	115	2640	95	8	15	51	X		X		X		
Deluxe Stromboli**	1 serv	850	33	16	1	75	2150	96	9	16	41	X		X		X		
<b>WINGS (does not include dipping sauce)</b>																		
Traditional Chicken Wings, Plain	5 pieces	380	19	3.5	0	65	1420	24	0	0	28							
Traditional Chicken Wings, Mild Sauce	5 pieces	420	21	4.5	0	70	2220	28	1	1	29			X				
Traditional Chicken Wings, Hot Sauce	5 pieces	420	23	4.5	0	70	2240	25	0	0	28	X		X				
Traditional Chicken Wings, BBQ Sauce**	5 pieces	410	19	4	0	65	1700	33	0	8	28							
Traditional Chicken Wings, Bourbon BBQ Sauce**	5 pieces	430	19	3.5	0	65	1680	35	1	8	29							
Traditional Chicken Wings, Sweet Thai Chili**	5 pieces	440	19	4	0	65	1600	39	0	13	28				X	X		
Traditional Chicken Wings, Hot Chicken Dry Rub	5 pieces	390	19	4	0	65	1610	25	0	0	28							
Traditional Chicken Wings, Italian Parmesan Dry Rub	5 pieces	410	21	5	0	75	1520	24	0	0	31			X				
Traditional Chicken Wings, Roasted Garlic Dry Rub	5 pieces	390	19	4	0	65	1610	26	0	1	28				X			
Traditional Chicken Wings, Wood Fired Chipotle Dry Rub	5 pieces	380	19	4	0	65	1690	25	0	1	28							
Boneless Chicken Wings, Plain	6 pieces	330	17	3.5	0	55	1240	21	0	1	24	X		X	X	X		
Boneless Chicken Wings, Mild Sauce	6 pieces	410	21	4.5	0	60	2850	29	1	4	26	X		X	X	X		
Boneless Chicken Wings, Hot Sauce	6 pieces	420	25	4.5	0	70	2910	23	1	2	25	X		X	X	X		
Boneless Chicken Wings, BBQ Sauce**	6 pieces	400	17	3.5	0	55	1820	39	1	18	25	X		X	X	X		
Boneless Chicken Wings, Bourbon BBQ Sauce**	6 pieces	430	17	3.5	0	55	1780	44	1	17	26	X		X	X	X		
Boneless Chicken Wings, Sweet Thai Chili**	6 pieces	470	18	3.5	0	55	1610	53	0	28	25	X		X	X	X		
Blue Cheese Dipping Sauce	1 serv	200	21	4	0	25	430	2	0	1	1	X		X				
Ranch Dipping Sauce	1 serv	240	25	4	0	10	420	2	0	1	1	X		X				
<b>DESSERTS</b>																		
Cinnamon Bread	1/4 bread	280	10	3	0	0	280	44	1	15	6			X	X	X		
Triple Chocolate Chunk Cookie	1 each	320	23	8	0	30	320	22	2	27	4	X		X	X	X		
Fudge Brownie	1 each	360	21	12	0	80	200	39	1	34	4	X		X	X	X		
<b>BEVERAGES** (without ice)</b>																		
Diet Mountain Dew	22 fl oz	10	0	*	*	*	100	1	*	1	0							
Diet Pepsi	22 fl oz	0	0	*	*	*	105	0	*	0	0							
Dr Pepper	22 fl oz	260	0	*	*	*	80	72	*	70	0							
Lipton Brewed Tea, Sweetened	22 fl oz	190	0	*	*	*	170	50	*	50	0							
Lipton Brewed Tea, Unsweetened	22 fl oz	0	0	*	*	*	220	0	*	0	0							
Mist Twist	22 fl oz	280	0	*	*	*	60	74	*	74	0							
Mountain Dew	22 fl oz	300	0	*	*	*	95	80	*	80	0							
Mug Root Beer	22 fl oz	260	0	*	*	*	80	72	*	72	0							
Pepsi	22 fl oz	280	0	*	*	*	60	76	*	76	0							
Tropicana Fruit Punch	22 fl oz	310	0	*	*	*	65	83	*	82	0							
Tropicana Pink Lemonade	22 fl oz	280	0	*	*	*	285	74	*	73	0							
Diet Mountain Dew	12 fl oz	0	0	*	*	*	55	1	*	0	0							
Diet Pepsi	12 fl oz	0	0	*	*	*	55	0	*	0	0							
Dr Pepper	12 fl oz	140	0	*	*	*	45	39	*	38	0							
Lipton Brewed Tea, Sweetened	12 fl oz	100	0	*	*	*	95	27	*	27	0							
Lipton Brewed Tea, Unsweetened	12 fl oz	0	0	*	*	*	120	0	*	0	0							
Mist Twist	12 fl oz	150	0	*	*	*	35	41	*	41	0							
Mountain Dew	12 fl oz	160	0	*	*	*	50	44	*	44	0							
Mug Root Beer	12 fl oz	140	0	*	*	*	45	39	*	39	0							
Pepsi	12 fl oz	150	0	*	*	*	30	41	*	41	0							
Tropicana Fruit Punch	12 fl oz	170	0	*	*	*	35	45	*	45	0							
Tropicana Pink Lemonade	12 fl oz	150	0	*	*	*	155	40	*	40	0							

\*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber

\*\*Menu item not available in all locations

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

Prepared and Reviewed by Patricia Wynkoop, RDN, LD July 2018