

## Weck's Nutrition

	<b>Calories</b>	<b>Cholesterol</b>	<b>Dietary Fiber</b>	<b>Iron</b>	<b>Protein</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Sugars</b>	<b>Total Carbohydrate</b>	<b>Total Fat</b>	<b>Trans Fat</b>	<b>Vitamin C</b>
<b>1 Egg</b>	70	190	0	4	6	2	55	0	1	4	0	0
<b>1 Egg Plate</b>	130	190	0	4	6	2	55	0	1	11	0	0
<b>1 Egg Plate w/Hash browns</b>	770	190	8	4	14	10	1055	0	65	53	0	0
<b>1 egg w/Bacon</b>	695	276	0	5	22	22	1050	0	2	67	0	0
<b>1 egg w/Bacon &amp; Hash Browns</b>	1335	276	8	5	30	29	2050	0	66	109	0	0
<b>1 Egg w/Ham</b>	297	265	0	5	31	4	1538	0	1	19	0	0
<b>1 Egg w/Ham &amp; Hash Browns</b>	937	265	8	5	39	12	2538	0	65	61	0	0
<b>1 Egg w/Sausage</b>	590	280	0	8	24	18	815	0	1	55	0	15
<b>1 Egg w/Sausage &amp; Hash Browns</b>	1230	280	8	8	32	26	1815	0	65	97	0	15
<b>1 Pancake</b>	496	66	1	0	9	2	262	47	99	8	0	0
<b>1 Pancake w/Butter</b>	601	66	1	0	9	4	345	47	99	19	0	0
<b>1/2 Anderson Salad-No Dressing</b>	457	90	4	14	33	4	1412	7	17	26	0	61
<b>1/2 Bacon</b>	283	43	0	1	8	10	497	0	0	28	0	0
<b>1/2 Caesar Salad</b>	215	21	1	2	6	4	530	4	9	18	0	12
<b>1/2 Santa Fe Chicken Salad-No Dressing</b>	297	68	3	25	21	1	712	7	15	14	0	164
<b>2 Egg Plate</b>	200	380	0	4	12	4	110	0	2	15	0	0

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<b>2 Egg Plate w/Hash Browns</b>	840	380	8	4	20	11	1110	0	66	57	0	0
<b>2 Eggs w/Bacon</b>	765	466	0	5	28	23	1105	0	3	71	0	0
<b>2 Eggs w/Bacon &amp; Hash Browns</b>	1405	466	8	5	36	31	2105	0	67	113	0	0
<b>2 Eggs w/Ham</b>	367	455	0	5	37	6	1593	0	2	23	0	0
<b>2 Eggs w/Ham &amp; Hash Browns</b>	1007	455	8	5	45	14	2593	0	66	65	0	0
<b>2 Eggs w/Sausage</b>	660	470	0	8	30	20	870	0	2	59	0	15
<b>2 Eggs w/Sausage &amp; Hash Browns</b>	1300	470	8	8	38	27	1870	0	66	101	0	15
<b>8" Flour Tortilla</b>	140	0	1	8	4	1	360	1	24	3	0	0
<b>Anderson Salad-No Dressing</b>	913	192	9	14	71	8	2993	15	35	49	0	61
<b>Bacon Cheese Burger</b>	1003	192	2	32	53	28	1668	8	54	65	0	10
<b>Bacon Green Chile Burger</b>	849	152	2	40	43	19	1393	8	55	51	0	110
<b>Bacon Green Guac Cheese Burger</b>	1095	192	5	41	55	29	1893	10	60	72	0	113
<b>Bacon Guac Cheese Burger</b>	1089	192	5	33	55	29	1888	10	59	72	0	13
<b>Bacon Mushroom Swiss Burger</b>	1201	212	2	33	64	31	1591	8	59	81	0	11
<b>Basket of Chips</b>	627	0	6	2	4	7	441	1	51	46	0	12
<b>Basket of Fries</b>	1390	0	15	1	15	17	3067	0	146	82	0	2

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<b>BB-Bacon</b>	1718	460	8	17	75	20	4151	5	104	107	0	1
<b>BB-Beef</b>	1346	356	8	15	43	10	2567	5	104	80	0	0
<b>BB-Carne</b>	1617	424	10	17	62	17	3171	7	112	99	0	2
<b>BB-Carnitas</b>	1478	378	8	15	65	12	2604	5	104	84	0	0
<b>BB-Ham</b>	1436	399	8	16	60	11	3439	6	105	83	0	0
<b>BB-No Meat</b>	1346	356	8	15	43	10	2567	5	104	80	0	0
<b>BB-Original</b>	1567	421	8	19	63	16	3597	5	105	97	0	1
<b>BB-Pollo</b>	1482	449	8	15	65	11	3007	5	105	84	0	0
<b>BB-Sausage</b>	1547	405	9	16	54	18	3200	5	105	102	0	0
<b>BB-Sloppy</b>	1753	407	8	18	61	20	3754	8	117	115	4	1
<b>BB-Veggie</b>	1460	356	9	19	47	12	2243	10	114	87	0	65
<b>Bean Burrito</b>	1646	105	25	12	51	13	4026	21	162	86	0	10
<b>Beans</b>	23	0	1	2	1	0	140	1	5	0	0	0
<b>Beef Burrito</b>	1506	105	17	12	42	13	3188	17	134	86	0	10
<b>Beef Enchiladas-Breakfast</b>	780	410	6	6	25	8	834	3	57	48	0	7
<b>Beef Quesadilla</b>	857	136	2	12	35	5	2539	15	50	51	0	10

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<b>Belly Sandwich</b>	768	556	0	11	34	14	1376	10	66	42	0	0
<b>Belly Sandwich w/butter &amp; Syrup</b>	1077	556	0	11	34	16	1552	43	117	53	0	0
<b>Belly Toast</b>	345	133	0	6	14	1	769	9	64	6	0	0
<b>BellyToast w/Butter &amp; Syrup</b>	655	133	0	6	14	4	945	43	115	17	0	0
<b>Big Pig</b>	1283	645	2	16	93	18	3414	7	15	90	0	24
<b>Big Texan</b>	650	100	0	15	40	12	2213	14	54	32	0	107
<b>Biscuits &amp; Gravy</b>	887	380	2	14	28	12	2713	12	87	48	13	0
<b>BLT</b>	1079	128	0	16	32	30	1883	13	50	86	0	107
<b>Blueberry Sauce</b>	160	0	4	0	0	0	20	36	40	0	0	0
<b>Boca Burger</b>	362	0	7	56	26	0	1089	8	62	3	0	10
<b>BOP Ingr</b>	852	220	7	4	20	9	1327	1	61	58	0	0
<b>Bowl O` Papas</b>	852	220	7	4	20	9	1327	1	61	58	0	0
<b>Bowl O` Stuff-Carne</b>	1015	261	9	6	32	13	1689	3	66	69	0	2
<b>Bowl O` Stuff-Carnitas</b>	931	233	7	4	33	10	1349	1	61	61	0	0
<b>Bowl O` Stuff-Original</b>	1073	285	8	9	40	15	2356	2	62	75	0	1
<b>Bowl O` Stuff-Pollo</b>	955	290	7	4	37	10	1656	2	62	61	0	0

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<b>Bowl O` Stuff-Sloppy</b>	1100	271	7	7	36	16	2187	2	66	79	1	1
<b>Bowl O` Stuff-Veggie</b>	996	220	7	6	22	11	1411	3	65	72	0	45
<b>Bowl of Chicken Stew</b>	326	78	3	0	24	3	2616	11	31	12	0	0
<b>Bowl of Chile Cheese Chips</b>	587	60	3	1	16	3	695	3	28	41	0	6
<b>Bowl of Chile Cheese Fries</b>	894	60	7	1	21	8	1808	2	66	55	0	2
<b>Bowl of Chips</b>	314	0	3	1	2	3	220	0	26	23	0	6
<b>Bowl of Fries</b>	620	0	7	1	7	8	1333	0	63	37	0	2
<b>Breakfast Burrito Ingr</b>	1346	356	8	15	43	10	2567	5	104	80	0	0
<b>Breakfast Quesadilla</b>	1508	436	0	23	86	16	3867	7	75	86	0	101
<b>Breakfast Quesadilla w/salsa</b>	1508	436	0	23	86	16	5055	11	79	86	0	101
<b>Brownie</b>	200	25	0	6	2	2	110	23	26	11	0	0
<b>Burrito Ingredients</b>	1506	105	17	12	42	13	3188	17	134	86	0	10
<b>Caesar Salad</b>	610	63	2	2	16	10	1513	9	21	53	0	12
<b>Caesar Salad-NO DRESSING</b>	160	18	2	2	10	3	343	6	15	8	0	12
<b>Caeser Salad w/chicken</b>	783	143	2	4	41	12	2260	9	24	59	0	13
<b>Caeser Salad w/chicken-NO</b>	333	98	2	4	35	5	1090	6	18	14	0	13

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<b>California Chicken Club</b>	718	116	9	19	42	12	1762	19	62	34	0	16
<b>Carne Adovada Burrito</b>	1939	213	20	14	72	23	4155	20	147	116	0	12
<b>Carne Enchiladas</b>	1379	151	18	5	51	16	2534	15	99	86	0	12
<b>Carnitas</b>	26	4	0	0	4	0	7	0	0	1	0	0
<b>Cheese Burger</b>	862	170	2	31	49	23	1419	8	54	51	0	10
<b>Cheese Enchiladas</b>	1606	240	12	3	67	7	2359	11	86	97	0	7
<b>Chicken Burrito</b>	1779	291	17	12	86	15	4067	17	135	95	0	10
<b>Chicken Caesar Wrap</b>	515	92	3	4	39	5	1486	5	52	16	0	13
<b>Chicken Caesar Wrap w/dressing</b>	815	122	3	4	43	10	2266	7	56	46	0	13
<b>Chicken Club</b>	638	116	6	26	40	11	1547	17	58	27	0	113
<b>Chicken Enchiladas</b>	1274	214	15	3	62	11	2483	13	90	71	0	10
<b>Chicken Fried Steak w/Fries-Lunch</b>	1155	65	8	26	37	14	3431	3	121	56	3	2
<b>Chicken Fried-Breakfast</b>	1083	445	6	29	48	15	2844	3	101	53	3	0
<b>Chicken Nachos</b>	1384	244	13	3	69	8	3421	19	93	77	0	10
<b>Chicken Quesadilla</b>	1104	213	0	18	60	3	2053	10	78	50	0	106
<b>Chicken Quesadilla w/Garnish</b>	1281	236	3	20	63	9	3545	23	94	65	0	116

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<b>Chicken Strips</b>	589	84	1	2	39	4	1291	1	35	32	0	1
<b>Chile Cheese French Fries</b>	1756	90	15	1	36	17	3833	4	145	106	0	2
<b>Chile Cheese Hash Browns w/Green</b>	998	90	7	0	29	7	1809	4	64	65	0	0
<b>Chile Cheese Hash Browns w/Red</b>	999	90	8	0	29	7	1865	4	64	65	0	0
<b>Chips and Salsa</b>	522	0	4	1	7	2	1188	4	58	31	0	0
<b>Chips-Side Item</b>	314	0	3	1	2	3	220	0	26	23	0	6
<b>Chix Stew Batch</b>	27	6	0	0	2	0	218	1	3	1	0	0
<b>Chocolate Chip Cookie</b>	480	0	4	16	4	12	340	44	72	24	0	0
<b>Chopped Chile</b>	30	0	1	8	0	0	25	2	6	0	0	100
<b>Cinnamon Roll</b>	670	25	4	0	11	12	250	32	88	30	0	0
<b>Cinnamon Rolls-Batch</b>	670	25	4	2	11	12	250	32	88	30	0	0
<b>Cottage Cheese</b>	144	24	0	0	18	2	704	8	10	4	0	0
<b>Crunchy Chicken</b>	630	105	13	24	39	9	1487	16	66	24	0	20
<b>Diced Ham Side</b>	60	28	0	1	11	1	581	0	1	2	0	0
<b>Dinner Salad-No Dressing</b>	62	1	3	14	2	1	61	6	11	2	1	48
<b>Dressing-Blue Cheese</b>	300	20	0	0	2	4	520	2	2	32	0	0

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<b>Dressing-Buttermilk Ranch</b>	200	20	0	0	0	3	540	2	2	22	0	0
<b>Dressing-Caesar</b>	300	30	0	0	4	5	780	2	4	30	0	0
<b>Dressing-Honey Mustard</b>	260	20	0	0	0	3	380	14	16	22	0	0
<b>Dressing-Italian</b>	220	0	0	0	0	3	940	4	6	22	0	4
<b>Dressing-Raspberry Vinagette</b>	70	0	0	0	0	0	160	14	16	0	0	0
<b>Dressing-Thousand Island</b>	280	10	0	0	0	4	480	6	10	26	0	0
<b>English Muffin</b>	230	0	0	4	9	0	360	2	47	1	0	0
<b>Farmers Market</b>	973	490	6	12	47	9	1845	12	23	70	0	72
<b>French Fries-Side Item</b>	620	0	7	1	7	8	1333	0	63	37	0	2
<b>Fresh Fruit</b>	150	0	2	0	2	0	32	35	37	0	0	6
<b>Fresh Fruit-Batch</b>	150	0	2	6	2	0	32	35	37	0	0	90
<b>Fresh Turkey</b>	590	118	6	12	48	12	1702	10	38	28	0	14
<b>Frisco Burger</b>	1393	180	2	24	51	32	1932	16	66	105	0	10
<b>Full Belly Toast</b>	475	222	1	6	20	2	1061	13	85	10	1	0
<b>Full Belly Toast Batter</b>	15	44	0	1	2	0	36	0	0	1	0	0
<b>Full Belly Toast Sandwich</b>	713	411	1	11	30	13	1358	10	65	39	1	0

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<b>Full Belly Toast Sandwich w/butter &amp;</b>	1023	411	1	11	30	15	1533	43	117	50	1	0
<b>Full Belly Toast w/butter &amp; syrup</b>	785	222	1	6	20	4	1237	46	136	20	1	0
<b>Funky Chicken</b>	918	126	3	26	49	16	1902	6	56	57	0	127
<b>Garden Salad-No Dressing</b>	424	60	6	10	18	0	592	14	28	21	0	57
<b>Garnish</b>	177	23	3	2	3	6	1492	13	16	15	0	10
<b>Granola Sandwich</b>	713	426	4	9	30	15	1088	25	56	41	1	0
<b>Granola Sandwich w/Butter &amp; Syrup</b>	1023	426	4	9	30	17	1263	58	108	51	1	0
<b>Granola Toast</b>	460	198	5	4	19	4	665	33	73	11	1	0
<b>Granola Toast w/Butter &amp; Syrup</b>	770	198	5	4	19	6	841	66	124	21	1	0
<b>Gravy</b>	21	0	0	0	0	0	103	0	2	1	0	0
<b>Green Chile Cheese Burger</b>	868	170	2	39	49	23	1424	8	55	51	0	110
<b>Green Chile Chicken Enchiladas-Lunch</b>	938	169	11	2	52	6	1943	6	74	46	0	7
<b>Green Chile Sauce</b>	2	0	0	0	0	0	62	0	0	0	0	0
<b>Green Chile Sauce Side</b>	7	0	0	0	0	0	250	1	2	0	0	0
<b>Grilled Cheese</b>	590	90	6	10	34	18	820	12	53	29	0	0
<b>Ground Beef</b>	53	16	0	0	4	2	92	0	0	4	0	0

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<b>Guac and Chips</b>	716	0	10	3	10	5	450	8	68	46	0	10
<b>Guacamole Cheese Burger</b>	948	170	5	32	50	24	1640	10	58	58	0	13
<b>Hash Browns</b>	58	0	1	0	1	1	91	0	6	4	0	0
<b>Hash Browns-Omelettes</b>	640	0	8	0	8	8	1000	0	64	42	0	0
<b>Huevos Rancheros</b>	1131	410	16	14	39	9	2561	9	117	55	0	7
<b>Kid BB</b>	782	139	4	11	33	7	1638	3	49	46	0	1
<b>Kid Belly Cake</b>	778	109	1	1	17	12	760	47	99	36	0	0
<b>Kid Belly Toast</b>	617	132	0	7	14	11	883	37	73	31	0	0
<b>Kid Cereal</b>	312	20	0	33	10	3	381	34	55	5	0	14
<b>Kid Cheese Quesadilla</b>	563	60	2	9	22	2	1077	7	53	24	0	7
<b>Kid Egg</b>	585	233	3	5	17	14	916	0	25	47	0	0
<b>Kid Grilled Cheese</b>	793	120	6	11	36	0	1106	18	58	38	0	1
<b>Kid Ham and Cheese</b>	403	51	6	12	26	6	1405	14	54	10	0	1
<b>Kid Ham Quesadilla</b>	638	91	2	10	34	3	1940	7	53	26	0	7
<b>Kid Strips</b>	402	50	1	2	23	3	775	0	21	25	0	1
<b>Kid Strips w/Gravy</b>	464	50	1	2	25	4	1083	2	27	29	2	1

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<b>Kid Turkey and Cheese</b>	384	45	6	11	23	4	1280	15	56	9	0	1
<b>Kid Turkey Quesadilla</b>	619	85	2	9	32	2	1814	8	56	25	0	7
<b>Lombardi Sandwich w/Chicken</b>	721	109	1	10	26	18	870	11	40	51	0	7
<b>Lombardi Sandwich w/Tuna</b>	577	73	2	15	21	15	877	11	37	38	0	11
<b>Mushroom Swiss Burger</b>	1060	190	2	32	60	26	1342	8	59	67	0	11
<b>O/F Chile Burger</b>	1100	250	1	30	63	14	1396	6	28	72	0	6
<b>Oatmeal Raisin Cookie</b>	480	20	0	16	4	8	280	44	76	20	0	0
<b>Old Fashioned Oatmeal</b>	284	5	6	24	9	1	39	26	55	4	0	0
<b>Old Tyme Favorite</b>	1156	613	0	8	82	15	3102	4	5	80	0	1
<b>Omelette BYO</b>	1165	445	8	6	41	10	1815	3	68	77	0	0
<b>Onion Rings-Appitizer</b>	1190	0	10	2	20	2	2650	35	205	33	0	0
<b>Onion Rings-Side Item</b>	595	0	5	2	10	1	1325	18	102	16	0	0
<b>Pancake Batter</b>	291	66	1	1	9	2	169	14	47	8	0	1
<b>Pancake Sandwich</b>	1174	460	2	5	35	16	1011	61	148	51	0	0
<b>Pancake Sandwich w/Butter</b>	1279	460	2	5	35	18	1093	61	148	61	0	0
<b>Pancakes</b>	873	198	3	0	26	6	507	42	142	25	0	0

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## Weck's Nutrition

	<b>Calories</b>	<b>Cholesterol</b>	<b>Dietary Fiber</b>	<b>Iron</b>	<b>Protein</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Sugars</b>	<b>Total Carbohydrate</b>	<b>Total Fat</b>	<b>Trans Fat</b>	<b>Vitamin C</b>
<b>Pancakes w/Butter&amp; Syrup</b>	1183	198	3	0	27	8	682	75	193	36	0	0
<b>Papa Grande-Carne</b>	4769	1102	41	6	147	56	7265	11	321	320	0	2
<b>Papa Grande-Carnitas</b>	4436	993	36	4	154	45	5904	6	301	285	0	0
<b>Papa Grande-Original</b>	5003	1200	37	9	181	65	9933	7	303	344	0	1
<b>Papa Grande-Pollo</b>	4529	1218	36	4	168	44	7134	7	303	288	0	0
<b>Papa-Carne</b>	2385	551	21	6	74	28	3633	6	160	160	0	2
<b>Papa-Carnitas</b>	2218	496	18	4	77	23	2952	3	150	143	0	0
<b>Papa-No Meat</b>	2060	470	18	4	51	21	2908	3	150	137	0	0
<b>Papa-Original</b>	2501	600	18	9	91	33	4966	4	151	172	0	1
<b>Papa-Pollo</b>	2264	609	18	4	84	22	3567	3	151	144	0	0
<b>Papas</b>	2060	470	18	4	51	21	2908	3	150	137	0	0
<b>Papa-Sloppy</b>	2567	571	18	7	82	35	5003	6	162	179	3	1
<b>Papa-Veggie</b>	2227	470	18	8	54	23	2995	8	159	151	0	65
<b>Parcell Salad w/Chicken</b>	585	76	6	20	23	10	674	15	29	41	0	58
<b>Parcell Salad w/Tuna</b>	442	41	8	30	20	8	682	15	27	29	1	63
<b>Peanut Butter Cookie</b>	2080	80	0	16	48	40	1120	160	256	112	0	0

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## Weck's Nutrition

	<b>Calories</b>	<b>Cholesterol</b>	<b>Dietary Fiber</b>	<b>Iron</b>	<b>Protein</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Sugars</b>	<b>Total Carbohydrate</b>	<b>Total Fat</b>	<b>Trans Fat</b>	<b>Vitamin C</b>
<b>Philly</b>	721	82	2	12	48	10	2051	7	57	38	0	59
<b>Pollo</b>	34	23	0	0	6	0	110	0	0	1	0	0
<b>Red Chile Sauce</b>	2	0	0	0	0	0	72	0	0	0	0	0
<b>Red Chile Side</b>	8	0	0	0	0	0	287	1	2	0	0	0
<b>Rice Krispie Treat</b>	380	0	0	8	2	3	420	34	70	9	0	0
<b>Roader</b>	1041	218	3	14	46	11	2292	3	60	65	0	1
<b>Roast Beef Quesadilla</b>	1126	182	1	22	70	3	2742	10	86	48	0	159
<b>Roast Beef Quesadilla w/Garnish</b>	1303	206	4	24	73	9	4234	23	102	63	0	169
<b>Roux</b>	240	0	0	0	0	4	80	0	0	28	0	0
<b>Rueben</b>	536	88	6	26	44	8	2069	5	52	21	1	102
<b>Rueben w/1000</b>	816	98	6	26	44	12	2549	11	62	47	1	102
<b>Salsa</b>	0	0	0	0	0	0	297	1	1	0	0	1
<b>Santa Fe Chicken Salad-No Dressing</b>	598	135	6	24	41	2	1437	16	34	26	0	164
<b>Sausage Patty</b>	230	45	0	4	9	8	380	0	0	22	0	15
<b>Short Stack</b>	787	132	2	0	18	4	431	61	146	17	0	0
<b>Short Stack w/Butter</b>	892	132	2	0	18	6	514	61	146	27	0	0

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## Weck's Nutrition

	<b>Calories</b>	<b>Cholesterol</b>	<b>Dietary Fiber</b>	<b>Iron</b>	<b>Protein</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Sugars</b>	<b>Total Carbohydrate</b>	<b>Total Fat</b>	<b>Trans Fat</b>	<b>Vitamin C</b>
<b>Side Carne Adovada</b>	325	81	2	2	22	8	725	2	10	22	0	2
<b>Side Carnitas</b>	158	26	0	0	26	2	44	0	0	5	0	0
<b>Side Hash Browns</b>	582	0	7	0	7	7	909	0	58	38	0	0
<b>Side of Bacon</b>	565	86	0	1	16	20	995	0	1	56	0	0
<b>Side of Beans</b>	187	0	11	0	11	0	1118	6	37	0	0	0
<b>Side of Chicken Salad</b>	320	51	0	1	13	6	366	1	6	27	0	0
<b>Side of Cream Cheese</b>	200	60	0	0	4	12	210	2	4	18	0	0
<b>Side of Crispy Bacon</b>	565	86	0	1	16	20	995	0	1	56	0	0
<b>Side of Gravy</b>	73	0	0	0	2	2	360	2	7	5	2	0
<b>Side of Guac</b>	114	0	4	1	2	2	294	2	6	10	0	3
<b>Side of Ham</b>	167	75	0	1	25	2	1483	0	0	8	0	0
<b>Side of Mixed Cheese</b>	270	60	0	0	14	0	350	2	2	18	0	0
<b>Side of Onions</b>	13	0	1	2	0	0	1	1	3	0	0	20
<b>Side of Peanut Butter</b>	200	0	2	2	7	3	140	3	6	16	0	0
<b>Side of Sausage</b>	460	90	0	4	18	16	760	0	0	44	0	15
<b>Side of Tomato</b>	10	0	0	0	0	0	2	2	2	0	0	6

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## Weck's Nutrition

	<b>Calories</b>	<b>Cholesterol</b>	<b>Dietary Fiber</b>	<b>Iron</b>	<b>Protein</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Sugars</b>	<b>Total Carbohydrate</b>	<b>Total Fat</b>	<b>Trans Fat</b>	<b>Vitamin C</b>
<b>Side of Tuna</b>	160	18	0	6	7	3	290	0	2	13	0	4
<b>South of Denver Omelette</b>	544	296	1	7	38	2	1253	6	8	33	0	58
<b>Strawberry Sauce</b>	160	0	0	0	0	0	0	40	40	0	0	60
<b>Sweet Potato Fries-Side Item</b>	420	0	4	1	4	5	800	0	38	28	0	2
<b>Taco Salad</b>	685	70	8	12	26	4	2150	18	69	31	0	10
<b>Texas Toasted</b>	875	184	0	17	52	21	2744	14	52	53	0	107
<b>TGG</b>	866	92	7	26	45	12	2842	21	84	41	0	110
<b>The Abney</b>	1010	544	3	10	63	10	2270	8	12	70	0	48
<b>The Healthier Alternative</b>	262	0	3	13	31	0	466	11	25	0	0	169
<b>Toast w/butter &amp; jelly</b>	415	0	6	10	8	2	362	28	70	12	0	0
<b>Toast-Multigrain</b>	240	0	6	10	8	0	280	12	52	1	0	0
<b>Turkey Burrito</b>	1686	180	17	13	78	13	4568	17	134	89	0	10
<b>Turkey Ksa</b>	1336	239	0	21	83	8	4145	9	83	65	0	102
<b>Turkey Ksa w/Garnish</b>	1514	263	3	23	86	14	5637	22	99	80	0	112
<b>Turkey Sausage Patty</b>	80	35	0	2	7	2	270	0	0	6	0	0
<b>Turkey Wrap</b>	426	50	2	3	32	1	1547	8	53	8	0	7

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## Week's Nutrition

	<b>Calories</b>	<b>Cholesterol</b>	<b>Dietary Fiber</b>	<b>Iron</b>	<b>Protein</b>	<b>Saturated Fat</b>	<b>Sodium</b>	<b>Sugars</b>	<b>Total Carbohydrate</b>	<b>Total Fat</b>	<b>Trans Fat</b>	<b>Vitamin C</b>
<b>Value 2 Eggs w/Bacon</b>	774	423	4	5	24	17	1062	0	31	62	0	0
<b>Value 2 Eggs w/Sausage</b>	721	425	4	8	25	15	945	0	31	56	0	15
<b>Value Beef Quesadilla</b>	665	106	0	11	27	4	2217	13	46	37	0	7
<b>Value Biscuits &amp; Gravy</b>	835	380	5	14	23	11	1866	6	74	51	6	0
<b>Value Burger</b>	544	85	2	26	28	9	925	6	52	25	0	10
<b>Value Burrito-Carne</b>	1032	114	12	11	42	9	2462	11	85	55	0	9
<b>Value Burrito-Carnitas</b>	921	78	10	9	45	6	2008	9	78	44	0	7
<b>Value Burrito-Chicken</b>	952	153	10	9	49	6	2418	10	79	44	0	7
<b>Value Cheese Burger</b>	624	105	2	26	33	14	1065	6	52	32	0	10
<b>Value Chicken Quesadilla</b>	755	170	0	11	43	4	1343	9	42	38	0	7
<b>Value French Toast w/Bacon</b>	513	132	0	7	17	11	1010	6	43	32	0	0
<b>Value French Toast w/Bacon Butter &amp;</b>	822	132	0	7	17	13	1186	40	94	43	0	0
<b>Value French Toast w/Sausage</b>	460	134	0	10	18	9	893	6	43	26	0	15
<b>Value French Toast w/Sausage Butter &amp;</b>	770	134	0	10	18	11	1068	39	94	37	0	15
<b>Value Omelette w/Bacon</b>	581	43	4	1	12	13	1202	1	31	47	0	0
<b>Value Omelette w/Sausage</b>	611	311	4	8	22	13	1052	0	30	47	0	15

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## Weck's Nutrition

	Calories	Cholesterol	Dietary Fiber	Iron	Protein	Saturated Fat	Sodium	Sugars	Total Carbohydrate	Total Fat	Trans Fat	Vitamin C
<b>Value Pancake w/Bacon</b>	574	109	1	1	17	12	666	14	48	36	0	0
<b>Value Pancake w/Bacon Butter &amp;</b>	883	109	1	1	17	14	842	47	99	47	0	0
<b>Value Pancake w/Sausage Butter &amp;</b>	728	111	1	4	18	12	678	31	73	41	0	15
<b>Value Roast Beef Quesadilla</b>	735	138	0	14	44	4	1689	9	45	37	0	46
<b>Value Soup&amp;Salad-w/Chicken</b>	217	52	2	0	16	2	1744	7	21	8	0	0
<b>Value Turkey Quesadilla</b>	846	165	0	14	50	6	2426	10	45	45	0	9
<b>Value Veggie Quesadilla</b>	804	136	1	15	31	10	1202	13	48	47	0	46
<b>Veggie Delight</b>	516	30	14	29	14	8	674	21	72	20	0	54
<b>Veggie Quesadilla</b>	1251	192	3	15	47	16	1979	16	85	70	0	46
<b>Veggie Quesadilla w/Garnish</b>	1428	216	6	17	50	22	3471	28	101	85	0	56
<b>Veggie Wrap</b>	418	30	4	5	11	7	751	7	57	15	0	51
<b>Weck Burger Ingr</b>	702	130	2	31	39	14	1139	8	54	37	0	10
<b>Weck Deck</b>	904	104	7	28	50	14	2745	19	79	44	0	110
<b>Weck Melt</b>	1087	160	5	37	53	24	1562	8	59	74	0	128
<b>Wheat Roll</b>	160	0	2	15	6	0	220	1	28	2	0	15
<b>White Chocolate Macadamia Cookie</b>	520	0	0	16	4	12	340	40	72	28	0	0

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