

CATERiNG

NUTRITIONAL FACTS N' FiGURES



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CATERING

All-Day Breakfast Meals (serves 10)

Meat Biscuits (20 each) combine up to two		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Smoked Sausage	each	310	190	21	6	0	30	530	21	1	2	10
Sugar Ham	each	230	80	9	3	0	35	870	20	less than 1	2	14
Country Ham	each	230	45	10	3.5	0	50	1340	20	less than 1	2	15
Eggs n' Meat		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Scrambled Eggs	total	1460	850	95	31	1	3315	1480	17	5	6	135
	per serving	150	90	10	3	0	385	150	2	less than 1	1	14
	Available with Colby Cheese	1120	820	91	57	0	270	1710	7	0	1	67
Thick Sliced Bacon: 30 slices	each	70	50	6	2	0	15	150	0	0	0	5
Smoked Sausage Patties: 20 patties	each	120	90	10	4	0	30	200	less than 1	0	0	7
Sugar Cured Ham: 10 slices	each	220	130	15	3.5	0	55	960	1	0	1	18
Spicy Chicken Sausage: 20 pieces	each	110	70	7	1.5	0	55	380	1	0	0	10
Casseroles		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Egg n' Hashbrown Casserole with Sugar Cured Ham	total	2890	550	150	59	2	305	8360	260	15	42	119
	per serving	290	60	15	6	0	30	840	26	1	4	12
Griddle Classics		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Dozen Buttermilk Pancakes: 20 pancakes	each	230	0	11	2	0	10	720	30	2	3	3
Dozen Slices of French Toast: 20 slices	each	190	50	6	2	0	80	170	29	1	11	6
Homestyle Chicken n' French Toast		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Fried Homestyle Chicken: 10 each	each	530	260	29	6	0	100	1370	32	2	1	36
Dozen Slices of French Toast: 20 slices	each	190	50	6	2	0	80	170	29	1	11	6
Breakfast Extras		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Hand-rolled Buttermilk Biscuits	Biscuit (each)	140	0	6	2	0	0	290	20	less than 1	2	3
Hashbrown Casserole	total	2270	210	124	33	1.5	80	8890	250	21	13	40
	per serving	230	20	12	3.5	0	10	890	25	2	1	4
Loaded Hashbrown Casserole	total	4750	1090	331	134	1.5	725	15490	259	21	14	218
	per serving	470	110	33	13	0	75	1550	26	2	1	22
Fried Apples	total	2060	440	50	17	0	0	340	410	29	352	3
	per serving	210	45	5	1.5	0	0	35	41	3	35	0
Sawmill Gravy	total	1200	70	84	22	0	85	2720	76	3	less than 1	36
	per serving	120	5	8	2.0	0	10	270	8	0	0	4
Fresh Fruit	total	600	15	2	0	0	0	10	155	18	115	7
	per serving	60	0	0	0	0	0	0	16	2	11	less than 1
Hashbrown Casserole Tots	total	2830	1500	167	44	1	90	8040	281	5	11	49
	per serving	280	150	17	4.5	0	10	800	28	0	1	5

Lunch and Dinner Meals (serves 10)												
Lunch and Dinner Meals (serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Each classic meal serves 10 with your choice of entrée, two or three sides (see page 4 for nutrition information) and bread (see page 6 for nutrition information)												
Fried Homestyle Chicken: 10 each	each	530	260	29	6	0	100	1370	32	2	1	36
Chicken Fried Chicken: 10 each	each	530	410	46	9	0	90	1600	32	3	less than 1	33
plus Sawmill Gravy (1 pint)	total	600	35	42	11	0	40	1360	38	1	0	18
Maple Bacon Grilled Chicken: 10 each	each	370	130	17	5	0	105	1000	18	0	13	35
	total	2760	570	64	17	1.5	250	13060	399	47	12	148
Homemade Chicken n' Dumplins	per serving	280	60	6	1.5	0	25	1310	40	5	1	15
Pot Roast	total	5200	2120	260	68	0	1190	15540	230	24	73	425
Meatloaf: 10 slices	each	450	260	29	11	1.5	190	1280	14	1	6	32
Smoky Southern Chicken: 10 each	each	190	35	6	1.5	0	80	640	3	0	0	29
	total	3030	1970	219	96	1	635	6240	6	2	0	264
Sirloin Steak Tips	per serving	300	200	22	10	0	65	620	less than 1	0	0	26
Grilled Chicken Tenders: 40 each	each	50	10	1.5	0	0	30	120	less than 1	0	less than 1	9
Crispy Tender Dippers: 40 each	each	100	45	5	1	0	30	360	4	less than 1	0	10
plus choice of	BBQ sauce: 12 oz.	660	0	0	0	0	0	2740	170	0	161	0
	Honey Mustard: 12 oz.	1470	1130	125	23	0	170	1590	68	0	68	0
	Buttermilk Ranch: 12 oz.	1500	1360	153	24	1	135	2300	31	0	12	6
	Carolina Gold BBQ: 12 oz.	580	80	9	0	0	0	3540	119	3	109	7
	Nashville Hot: 12 oz.	2430	430	247	48	2.5	0	4620	67	13	40	7
	Maple Chipotle: 12 oz.	610	0	0	0	0.0	0	970	160	0	146	0
	Comeback Sauce: 12 oz.	1670	1530	174	27	1.0	155	4070	26	0	16	7
Sugar Cured Ham: 30 slices	each											
	total	7700	2590	353	78	4	1210	26460	670	88	159	464
Turkey n' Dressing	per serving	770	260	35	8	0	120	2650	67	9	16	46
	total	14170	3340	631	152	5	1935	41610	1410	185	487	744
Turkey and Sugar Cured Ham	per serving	1420	330	63	15	0.5	195	4160	141	19	49	74
	total	8220	4500	500	116	0	2385	23660	390	43	0	542
Southern Fried Chicken	per serving	820	450	50	12	0	240	2370	39	4	0	54
Fried Catfish: 10 fillets	each	250	160	18	4.5	0	50	470	6	1	0	18
Hushpuppies: 20 each	each	50	20	2.5	0	0	0	115	7	0	less than 1	less than 1
Tartar Sauce: 16 oz.	total	2330	2170	241	38	1.5	220	2530	44	2	37	5

Crispy Tender Dippers Platter (Serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Crispy Tender Dippers: 30 or 60 each		each	100	45	5	1	0	30	360	4	less than 1	0	10
plus choice of	BBQ sauce: 12 oz.	660	0	0	0	0	0	2740	170	0	161	0	
	Honey Mustard: 12 oz.	1470	1130	125	23	0	170	1590	68	0	68	0	
	Buttermilk Ranch: 12 oz.	1500	1360	153	24	1	135	2300	31	0	12	6	
	Carolina Gold BBQ: 12 oz.	580	80	9	0	0	0	3540	119	3	109	7	
	Nashville Hot: 12 oz.	2430	430	247	48	2.5	0	4620	67	13	40	7	
	Maple Chipotle: 12 oz.	610	0	0	0	0.0	0	970	160	0	146	0	
	Comeback Sauce: 12 oz.	1670	1530	174	27	1.0	155	4070	26	0	16	7	
Barrel Cheeseburger Slider Platter (Serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Mini Cheeseburger: 10 each		each	290	110	16	8	0	45	360	19	less than 1	2	17
Pickle Slices: 20 each		each	5	0	0	0	0	50	2	0	2	0	
Build Your Own Chicken Sandwich Bar (Serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	
Grilled Chicken Sandwich: 10 each		each	430	50	17	3.5	0	85	1020	34	1	4	35
Fried Chicken Sandwich: 10 each		each	700	280	31	6	0	100	1670	63	3	5	42
plus	Pickles: 20 slices	110	0	0	0	0	0	910	26	0	26	0	
plus choice of	BBQ sauce: 8 oz.	440	0	0	0	0	0	1830	113	0	107	0	
	Honey Mustard: 8 oz.	980	760	83	15	0	115	1060	45	0	45	0	
	Buttermilk Ranch: 8 oz.	1000	910	102	16	0.5	90	1530	21	0	8	4	
	Carolina Gold BBQ: 8 oz.	390	50	6	0	0	0	2360	79	2	73	5	
	Nashville Hot: 8 oz.	1620	290	165	32	2.0	0	3080	45	8	27	5	
	Maple Chipotle: 8 oz.	410	0	0	0	0.0	0	650	106	0	97	0	
add on	Cheese Slices: each	100	80	9	5.0	0	30	440	1	0	less than 1	5	
	Thick-sliced Bacon: each	70	50	6	2	0	15	150	0	0	0	5	

Sides (Serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Hashbrown Casserole	total	2270	210	124	33	1.5	80	8890	250	21	13	40
	per serving	230	20	12	3.5	0	10	890	25	2	1	4
Cole Slaw	total	2300	1870	201	29	0	145	2730	101	0	101	0
	per serving	230	190	20	3	0	15	270	10	0	10	0
Country Green Beans	total	1180	670	75	26	0	65	1910	121	42	50	28
	per serving	120	70	8	2.5	0	5	190	12	4	5	3
Cornbread Dressing	total	5030	2590	286	58	2.5	375	15300	528	87	56	84
	per serving	500	260	29	6	0	40	1530	53	9	6	8
Dumplings	total	2260	500	55	15	1.5	0	11070	385	46	11	58
	per serving	230	50	5	1.5	0	0	1110	39	5	1	6
Fried Apples	total	2060	440	50	17	0	0	340	410	29	352	3
	per serving	210	45	5	1.5	0	0	35	41	3	35	0
Fried Okra	total	2480	840	89	0	0	100	5210	377	25	15	32
	per serving	250	80	9	0	0	10	520	38	2	2	3
Macaroni n Cheese	total	3130	2340	260	91	0	455	7270	95	1	27	109
	per serving	310	230	26	9	0	45	730	10	0	3	11
Mashed Potatoes	total	2970	60	151	28	2	25	4260	374	33	16	41
	per serving	300	5	15	3	0	less than 5	430	37	3	2	4
plus choice of	Brown Gravy (16 oz.)	430	45	25	8	0	45	3450	47	1	10	6
	Sawmill Gravy (16 oz.)	600	35	42	11	0	40	1360	38	1	0	18
Seasoned Rice	total	1820	0	40	22	0	105	6540	321	0	6	34
	per serving	180	0	4	2	0	10	650	32	0	less than 1	3
Steamed Broccoli	total	330	35	4	2	0	0	1830	64	22	15	24
	per serving	35	0	0	0	0	0	180	6	2	2	2
Sweet Potato Casserole	total	3540	80	124	21	1.5	0	1480	619	55	278	29
	per serving	350	10	12	2	0	0	150	62	5	28	3
Sweet Whole Baby Carrots	total	1720	0	75	13	1	0	1720	263	45	188	0
	per serving	170	0	7	1.5	0	0	170	26	4	19	0
Whole Kernel Corn	total	3450	100	251	43	3.5	0	2190	311	43	136	45
	per serving	350	10	25	4.5	0	0	220	31	4	14	5
Premium Sides (Serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Loaded Hashbrown Casserole	total	4750	1090	331	134	1.5	725	15490	259	21	14	218
	per serving	470	110	33	13	0	75	1550	26	2	1	22
Hashbrown Casserole Tots	total	2830	1500	167	44	1	90	8040	281	5	11	49
	per serving	280	150	17	4.5	0	10	800	28	0	1	5
Bacon Mac n' Cheese	total	4320	2800	342	119	0.5	625	10460	154	6	38	163
	per serving	430	280	34	12	0	65	1050	15	less than 1	4	16
Loaded Mashed Potatoes	total	4010	860	239	61	2	310	7940	377	33	16	124
	per serving	400	90	24	6	0	30	790	38	3	2	12
Fresh Fruit	total	600	15	2	0	0	0	10	155	18	115	7
	per serving	60	0	0	0	0	0	0	16	2	11	less than 1

Salads n' More (serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Side Salad come with choice of Salad Dressing: see (below) for nutritional information												
Side Salad	total	1200	480	54	18	5	145	2320	148	25	67	70
	per serving	120	50	5	2	0	15	230	15	3	7	7
Cracker Packets	each	25	5	0.5	0	0	0	80	4	0	0	0
Salad Dressings (1 Pint each)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Herb Vinaigrette	total	1660	1510	166	15	0	0	3630	45	0	30	0
Blue Cheese	total	2200	2110	234	46	2	165	3850	15	3	8	16
Buttermilk Ranch	total	2000	1810	204	32	1.5	180	3060	42	less than 1	16	9
Honey Mustard	total	1970	1510	166	30	0	225	2120	91	0	91	0
Breads		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Biscuit: dozen	each	140	0	6	2	0	0	290	20	less than 1	2	3
Corn Muffin: dozen	each	190	20	11	2.5	0	25	470	19	2	3	3
Sourdough Bread: one loaf	per slice	110	20	2	0	0	0	85	21	1	3	3
Beverages		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Premium Regular Coffee: 96 oz.	total	30	5	1	0	0	0	0	5	4	0	1
Premium Decaf Coffee: 96 oz.	total	30	5	0.5	0	0	0	0	5	4	0	less than 1
Unsweet Freshly Brewed Iced Tea: half gallon	total	0	0	0	0	0	0	0	0	0	0	0
Sweet Freshly Brewed Iced Tea: half gallon	total	630	0	0	0	0	0	50	163	0	163	0
Peach Tea: half gallon	total	890	0	0	0	0	0	140	218	0	212	0
100% Pure Orange Juice: half gallon	total	700	0	0	0	0	0	120	170	4	166	10
Lemonade: half gallon	total	840	0	0	0	0	0	130	200	0	91	7
Southern Half n' Half: half gallon	total	740	0	0	0	0	0	90	181	0	127	4
Desserts (Serves 10)		Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)
Peach Cobbler	total	3370	1000	137	54	1.5	0	2400	1942	16	341	18
	per serving	340	100	14	5	0	0	240	194	2	34	2
Double Chocolate Fudge Coca-Cola® Cake	total	6510	2840	316	103	4	685	2360	868	35	542	75
	per serving	650	290	32	10	0	70	240	87	3	54	8
Homestyle Chocolate Chip Cookies: 10 cookies	each	240	100	11	6	0	30	120	30	1	19	3