



Nutritional Information

- Fried Chicken wing: 160 calories, 5.4 grams carbs, 10.7 grams fat, 9.9 grams protein, 83 mg sodium
- Fish Filet: 199 calories, 7 grams carbs, 12 grams fat, 16 grams protein
- Cajun Pasta: 568 calories, 55 grams carbs, 11 grams fat, 39 grams protein
- Waffle: 200 calories, 26 grams carbs, 9 grams fat, 4 grams protein
- Mashed Potatoes: 150 calories, 19 grams carbs, 7 grams fat, 3 grams protein
- Waffle Fries: 400 calories, 48 grams carbs, 21 grams fat, 5 grams protein
- Green Beans: 31 calories, 7 grams carbs, .2 grams fat, 1.8 grams protein
- Mac & cheese: 373 calories, 39 grams carbs, -5 grams fat, 23 grams protein
- Sweet potatoes: 133 calories, 26 grams carbs, 2 grams fat, 2 grams protein
- Loaded Waffle Fries: 900 calories, 50 grams carbs, 73 grams fat, 37 grams protein
- 4 Chicken Wings, Honey Biscuit & Waffle Fries: 1,211 Cal