

Raider Exchange										Updated	FALL 2022
Burgers	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains	
Single Burger (patty, bun)	1 Burger	466.5	26.56	33	1	24				Wheat, Soy	
Single Cheese Burger (patty,cheese,bun)	1 Burger	527.5	31.5	33	1	28				Wheat, Milk, Soy	
Double Burger (2 patties, bun)	1 Burger	767.5	51.5	33	1	43				Wheat, Soy	
Double Cheese Burger (2patties,cheese,bun)	1 Burger	889.5	61.5	33	1	51				Wheat, Milk, Soy	
Black Bean Burger (Patty, Bun)	1 Burger	331.5	7.5	54	8	12		✓		Wheat, Soy	
Gluten Free Bread- White, Northern Bake House	2 Slices	170	4	36	4	1			✓	Sunflower oil	
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓		
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy	
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓		
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓		
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓		
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓		
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓		
Additional Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Bacon	2 slices	166	14	0	0	10				Pork	
American Cheese	1 slice	70	6	1	0	4		✓	✓	Milk, Soy	
Green Chilis	1oz	6	0	1.5	0.5	0	✓	✓	✓		
Jalapenos	1oz	9	1	0	0	0	✓	✓	✓		
Mushrooms	1oz	8	0	1.5	0.5	0.5	✓	✓	✓		
Flatbread Pizza	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains	
Cheese Flatbread Pizza (Flatbread, Cheese, Sauce)	1 Pizza	458	18	51	3.5	23		✓		Wheat, Barley, Milk, (May Contain: Soy, Sesame)	
Veggie Flatbread Pizza (Flatbread, Cheese, Sauce, Mushrooms, Onions, Bell Peppers)	1 Pizza	548	20	60	5.5	32		✓		Wheat, Milk, (May Contain: Soy, Sesame)	
Pepperoni Flatbread Pizza (Flatbread, Cheese, Sauce, Pepperonis)	1 Pizza	595	31	51	3.5	28				Wheat, Barley, Milk, Pork (May Contain: Soy, Sesame)	
Sausage Flatbread Pizza (Flatbread, Cheese, Sauce, Sausage)		539	25	52	4	26.5				Wheat, Barley, Milk, Pork (May Contain: Soy, Sesame)	
Meat Lovers Flatbread Pizza (Flatbread, Cheese, Sauce, Pepperoni, Sausage, Hamburger)	1 Pizza	711	41	54	4	31.5				Wheat, Barley, Milk, Soy, Pork (May Contain: Sesame)	
Supreme Flatbread Pizza (Flatbread, Cheese, Sauce, Pepperoni, Sausage, Hamburger, Mushrooms, Onions, Bell Peppers)	1 Pizza	744	42	57	5	34.5				Wheat, Barley, Milk, Soy, Pork (May Contain: Sesame)	
Add Pepperoni	1oz	137	13	0	0	5				Beef, Pork	
Marinara Sauce	2oz	24	0	5	1.5	1					
Pizza Cheese Blend	2oz	172	12	2	0	14		✓	✓	Milk	
Pepperoni	1oz	137	13	0	0	5				Beef, Pork	
Sausage Crumbles	1oz	81	7	1	0.5	3.5				Soy, Pork	
Hamburger Crumbles	1oz	35	3	2	0	0				Soy, Beef	
Vegetable Blend (Mushroom, Onion, Bell Peppers)	1oz	33	1	3	1	3		✓	✓		

Flatbread (only)	1 Flatbread	262	6	44	2	8		✓		Wheat, Milk, (May Contain: Soy, Sesame)
Chicken	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Grilled Chicken Sandwich (Mayo and Cheese)	1 Sandwich	440	20	31	1	32				Wheat, Soy
Breaded Chicken Sandwich (Breaded Chicken, Bun)	1 Sandwich	430	17.5	48	2	21				Wheat, Soy
California Grilled Chicken Sandwich (Chicken, Avocado, Cheese, Mayo)	1 Sandwich	480	24	33.5	3	32.5				Wheat, Soy
Grilled Cheese (Single Cheese, Texas Toast)	1 Sandwich	272	8	47	2	12		✓		Wheat, Milk, Soy
Chicken Strips	3 Pieces	330	17	22	1	22				Wheat, Milk, Soy, Egg
Chicken Strips	4 Pieces	440	23	29	1.5	29				Wheat, Milk, Soy, Egg
Chicken Wings	6 Pieces	526	34	44	2	44				Wheat, Milk, Soy, Egg
Chicken Wings	12 Pieces	1022	68	88	4	58				Wheat, Milk, Soy, Egg
Build Your Own Salads	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Protein:										
Grilled Chicken	2oz.	80	1.5	0	0	12			✓	Soy
Breaded Chicken	2oz.	180	8	0	8	19				Wheat, Milk, Eggs, Soy
Boiled Egg	1 egg	73	5	1	0	6		✓	✓	Egg
Beef Fajita	2 oz	95	6	0.5	0	9.5				Wheat, Soy
Chicekn Fajita	2 oz	55	1.25	0.5	0	10			✓	
Veggies:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Avocado	1 Half	70	7	6	3	1	✓	✓	✓	
Bell Peppers	1oz	4	0	1	1	0	✓	✓	✓	
Black Beans	1oz.	37	0	7	3	3	✓	✓	✓	
Carrots	1oz	11	0	3	<1	<1	✓	✓	✓	
Corn	1oz		0.5	6	1	1	✓	✓	✓	
Cucumbers	1oz	12	0	2.5	0	<1	✓	✓	✓	
Onion	1oz	6	0	1.5	1	1	✓	✓	✓	
Mushroom	1oz	4	0	1	0	0	✓	✓	✓	
Romaine	1oz	5	<1	1	0.5	<1	✓	✓	✓	
Spinach	1oz	6.5	<1	1	0.5	<1	✓	✓	✓	
Tomatoes	1oz	7	0	1.5	0	0	✓	✓	✓	
Toppings:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Parmesan	.25oz	20	5	0	0	2		✓	✓	Milk
Feta	1oz	75	6	1	0	4		✓	✓	Milk
Monterey Colby Jack	1oz	110	9	1	0	7		✓	✓	Milk
Croutons	.5 oz	30	1	5	0	1		✓		Wheat, Barley, Milk(Whey), Soy
Dressings:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Ranch	1oz	140	14.6	1.9	0.2	0.3		✓	✓	Milk, Soy, Egg
Spicy Ranch	1oz	140	14.6	1.9	0.2	0.2		✓	✓	Milk, Soy, Egg
Creamy Caesar	1oz	110	11	2	0	1		✓	✓	Milk(Whey), Egg, Soy, Fish
Golden Italian	1oz	50	5	2	0	0	✓	✓	✓	Soy
Olive Oil	1oz	240	28	0	0	0	✓	✓	✓	
Smart Choices	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains

Baked Tilapia:										
Baked Tilapia with Corn & Bean Salsa	1 fillet	247	3.5	17	3.5	36.5			✓	Fish, Soy
Baked Tilapia Garlic/Parm	1 fillet	386	26	4	0	34			✓	Milk, Fish, Soy
Baked Tilapia Veracruz	1 fillet	219	11	8	1	22			✓	Fish, Soy
Extras	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergen/Contains
Mashed Potatoes & Gravy	4oz	635	16	113.5	4.5	9.5				Wheat, Milk, Soy, May contain Egg
Sweet Potato Fries	4oz	234.5	10.5	32.5	4	2.5	✓	✓	✓	
Fried Cheese Sticks	5 Sticks	437	32	22	0	18		✓		Wheat, Milk, Soy
French Fries	4oz	282	19	27	0	3	✓	✓	✓	Soy
Corn Nuggets	3oz	190	8	29	0	3		✓		Wheat, Milk, Egg, Soy
Fried Pickles	4oz	280	16	31	1.5	4	✓	✓		Wheat, Soy
Pepper Jack Mac & Cheese Bites	3oz	300	18	24	1	8		✓		Wheat, Milk, Soy
Jalepeno Cheddar Poppers	5oz/~5poppers	343.5	11.5	50	5	10		✓		Wheat, Milk (Whey), Soy
SUBs										
Ham Sub (Ham, American, Mayo, Wheat Bread) with lettuce, tomato	1 sandwich	568	36	30	3	33				Wheat, Milk, Egg, Soy, Pork
Turkey Sub (Turkey, Mayo, White Cheese, White Bread) with lettuce, tomato	1 sandwich	637	31	52	3	38				Wheat, Milk, Soy
Desserts										
Fudge Nut Brownies	1 slice	318	16	42	2	6				Wheat, Milk, Soy, Egg, Tree Nuts
Sweet Street Cheesecake	1 slice	408	29	35	1	7				Wheat, Milk, Soy, Egg
Red Velvet Cake	1 Slice	550	34	59	1	4		✓		Wheat, Milk, Soy, Egg
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										