

The Commons

# Kluck'rs

Fall 2022

	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
<b>Wings &amp; Tenders</b>										
Boneless Wings- Fried in Common Fryer	6 ct	394	30	18	0	13				Wheat,Milk,Egg
Boneless Wings- Fried in Common Fryer	12 ct	788	60	36	0	26				Wheat,Milk,Egg
Chicken Strips- Fried in Common Fryer	3 ct	374	22	22	1	22				Wheat, May contain Milk and Egg
Chicken Strips- Fried in Common Fryer	4 ct	493	29	29	1.5	29				Wheat, May contain Milk and Egg
Breaded Chicken	1 pc	374	22	22	1	22				Wheat
Grilled chicken breast	4.5oz	170	5	1	0	31				
Buffalo Chicken Melt	1 Sandwich	825	48	60	3	43				Wheat, Milk, Soy
Waffle	1 waffle	105	1	20	1	4		✓		Wheat, Milk, Soy
Waffles	2 waffles	210	2	40	2	8		✓		Wheat, Milk, Soy
Syrup	1 contianer	116	0	29	0	0				
Syrup - Sugar Free	1 container	16	0	4	0	0				
Chicken & Waffles with Syrup	1 serving	711	23	100	2	26				Wheat, Milk, Soy
<b>Sauces</b>										
Buffalo	1oz	5	0	1	0	0	✓	✓	✓	
Buffalo Ranch Sauce	1oz	142	14.5	3	<1	<1			✓	Milk, Egg, Soy
Garlic & Pesto	1oz	150	16	1	0	1	✓	✓	✓	
Raider Red Sauce	1oz	28	0	5.5	0	5.5	✓	✓	✓	
Traditional BBQ	1oz	33	0	9	0	0	✓	✓	✓	
Honey BBQ	1oz	42	0	11	0	0	✓	✓	✓	
Asian Sweet Chili	1oz	90	1	20	0	0	✓	✓	✓	
Sriracha	1oz	30	0	6	0	6	✓	✓	✓	
<b>Sides</b>										
Waffle Fries	4oz	280	22	20	2	2	✓	✓	✓	Soy
Curly Fries	4oz	219	11	27	2.6	3	✓	✓		Wheat, Soy
Gravy (1oz)	1oz	107	3	17	1	3		✓		Wheat,Soy,Milk,Egg
Roasted Corn	4oz	139.7	1.3	26	5	6	✓	✓	✓	
Green Beans	4oz	63	5	5	3	1	✓	✓	✓	
Fried Okra	4oz	220	15	23	2	3	✓	✓		Wheat
Fried Green Beans	4oz	246	12	32	0	2.5		✓		Soy
Cowboy Corn	4oz	120.5	4.5	13.5	2.5	6.5		✓	✓	Milk
Red Mashed Potatoes	4oz	156	16	1	1	2		✓	✓	Milk
Roasted Corn	4oz	139.7	1.3	26	5	6	✓	✓	✓	
Mac and Cheese	4oz	279	16	26	1	9		✓		Wheat, Milk, Soy
Mac and Cheese	8oz	558	32	51	2	18		ü	ü	Wheat, Milk, Soy
<b>Desserts</b>										
Chocolate Chip Cookie	1 Cookie	193	9	26	1	2		✓		Wheat, Soy, Milk, Egg
Sugar Cookie	1 Cookie	189	9	25	0	2		✓		Wheat, Soy, Milk, Egg
Supreme Chocolate Chip	1 Cookie	390	18	53	2	4		✓		Wheat, Soy, Milk, Egg
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat )
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										