

The Mix & Grab-N-Go

Updated

Spring 2023

The Mix - Breakfast	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sausage Biscuit	2oz	330	22	22	1	7				Wheat, Milk, Soy, Pork
Biscuit	1 biscuit	180	8	22	1	4		✓		Wheat, Milk(Whey), Soy
Sausage Patty	1 patty	150	14	0	0	3			✓	Pork
Sausage Patties	2 patties	276	28	0	0	6			✓	Pork
Biscuit and Gravy	1 biscuit	302	14	40	1	4		✓		Wheat,Milk,Soy,Egg
Biscuit (only)	1 biscuit	180	8	22	1	4		✓		Wheat, Milk(Whey), Soy
White Gravy (only)	1oz	45	2	6	0	9				Wheat, Milk (may contain egg, soy)
The Mix										
Chicken Nuggets	8ct	416	27.5	21	3	21				Wheat, Milk, Egg, Soy
Chicken Nuggets	12ct	667	46	31.5	5	31.5				Wheat, Milk, Egg, Soy
Fried Burrito	1 burrito	370	17	40	5	15				Wheat, Milk, Soy
Corn Dog	1 dog	230	13	23	1	6				Wheat, Milk, Soy, Pork
Chicken Strips (3)	~3 strips	359	27.5	30.5	0	17				Wheat, Milk, Soy, Egg, Pork
Chicken Strips (4)	~4 strips	478	36.5	40.5	0	22.5				Wheat, Milk, Egg, Soy
Mac and Cheese	4oz	254	12	24	10	0		✓		Wheat,Milk
Mashed Potatoes	3oz	90	2	17	1	2		✓	✓	Milk
White Gravy	1oz	90	4	12	0	0		✓		Wheat,Milk, Egg, Soy
Brown Gravy	1oz	75	1.5	15	0	0				Wheat,Milk,Soy,Egg,Pork
French Fries	3oz	140	5	22	2	2	✓	✓	✓	Soy
Broccoli	4 oz	60	0	7	4	4	✓	✓	✓	
Mixed Veggies	4 oz	68	0	9	4	4	✓	✓	✓	
Grab-N-Go										
West Mac	9 oz	368	19	25	1	23				Wheat, Milk, Soy, eggs, Pork
West Mash	15 oz	1029	39	115	6	53				Milk, wheat, Soy
French Toast Stick	4 ct	302	14	39	1	5	✓	✓		Wheat, Soy
Maple Syrup	2 oz	224	0	56	0	0	✓	✓	✓	
Cinnamon Roll w/ cream cheese icing	1 cct	501	21	70	3	8		✓		Wheat, Milk, Soy, Eggs
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										