

Lil' Farmers—Meals

All biscuits, rolls & batter items served with butter.

Little Piggy Hotcakes:

With chocolate sauce , banana slices and one sausage link

Nutrition Facts

Serving Size 147 Grams (g)

Amount Per Serving

Calories 430 Calories from Fat 80

% Daily Value *

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 690mg **29%**

Total Carbohydrates 79g **26%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 8g

Tic-Tac-Toast:

With dipping syrup and one sausage link

Nutrition Facts

Serving Size 199 Grams (g)

Amount Per Serving

Calories 480 Calories from Fat 110

% Daily Value *

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 150mg **50%**

Sodium 510mg **21%**

Total Carbohydrates 77g **26%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 14g

Lil' Farmer's Breakfast 1 Sausage Link:

One egg cooked to order, hotcakes, hotcake syrup, home fries, and one sausage link

Nutrition Facts

Serving Size 240 Grams (g)

Amount Per Serving

Calories 530 Calories from Fat 240

% Daily Value *

Total Fat 27g **42%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 880mg **37%**

Total Carbohydrates 58g **19%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 14g

Lil' Farmer's Breakfast 1 Bacon Strip:

One egg cooked to order, hotcakes, hotcake syrup, home fries, and one bacon strip

Nutrition Facts

Serving Size 224 Grams (g)

Amount Per Serving

Calories 530 Calories from Fat 250

% Daily Value *

Total Fat 28g **43%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 220mg **73%**

Sodium 970mg **40%**

Total Carbohydrates 58g **19%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 15g

Sunny Scrambles:

Scrambled egg, wheat toast and one bacon strip

Nutrition Facts

Serving Size 99 Grams (g)

Amount Per Serving

Calories 240 Calories from Fat 130

% Daily Value *

Total Fat 15g **23%**

Saturated Fat 4.5g **22%**

Trans Fat 1g

Cholesterol 220mg **73%**

Sodium 510mg **21%**

Total Carbohydrates 13g **4%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 14g

Plenty of Pancakes Low Calorie:

With one sausage link and hotcake syrup

Nutrition Facts

Serving Size 143 Grams (g)

Amount Per Serving

Calories 460 Calories from Fat 120

% Daily Value *

Total Fat 13g **20%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 700mg **29%**

Total Carbohydrates 78g **26%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 8g

Plenty of Pancakes High Calorie:

With one bacon strip and hotcake syrup

Nutrition Facts

Serving Size 126 Grams (g)

Amount Per Serving

Calories 470 Calories from Fat 130

% Daily Value *

Total Fat 14g **22%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 790mg **33%**

Total Carbohydrates 78g **26%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 10g

Mac & Cheese:

With fresh steamed broccoli

Nutrition Facts

Serving Size 303 Grams (g)

Amount Per Serving

Calories 280 Calories from Fat 110

% Daily Value *

Total Fat 12g **18%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 940mg **39%**

Total Carbohydrates 31g **10%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 14g

KIDS

Lil' Farmers—Meals

Homestyle Fried Chicken Tender:
Low Calorie

With French fries, BBQ Wildfire sauce

Nutrition Facts

Serving Size 289 Grams (g)

Amount Per Serving

Calories 740 Calories from Fat 300

% Daily Value *

Total Fat 34g **52%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1600mg **67%**

Total Carbohydrates 86g **29%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 21g

Homestyle Fried Chicken Tender
High Calorie:

With French fries, Honey Mustard sauce

Nutrition Facts

Serving Size 289 Grams (g)

Amount Per Serving

Calories 880 Calories from Fat 440

% Daily Value *

Total Fat 49g **75%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1470mg **61%**

Total Carbohydrates 83g **28%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 23g

Chicken-N-Noodles:

With fresh steamed broccoli

Nutrition Facts

Serving Size 283 Grams (g)

Amount Per Serving

Calories 150 Calories from Fat 60

% Daily Value *

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 1g

Cholesterol 30mg **10%**

Sodium 540mg **22%**

Total Carbohydrates 14g **5%**

Dietary Fiber <1g **2%**

Sugars <1g

Protein 10g

Grilled Cheese Triangles:

With fresh fruit

Nutrition Facts

Serving Size 192 Grams (g)

Amount Per Serving

Calories 330 Calories from Fat 130

% Daily Value *

Total Fat 15g **23%**

Saturated Fat 7g **35%**

Trans Fat 15g

Cholesterol 30mg **10%**

Sodium 770mg **32%**

Total Carbohydrates 40g **13%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 10g

Kid's Cheeseburger:

With French fries

Nutrition Facts

Serving Size 260 Grams (g)

Amount Per Serving

Calories 760 Calories from Fat 320

% Daily Value *

Total Fat 36g **55%**

Saturated Fat 12g **60%**

Trans Fat 1g

Cholesterol 60mg **20%**

Sodium 1210mg **50%**

Total Carbohydrates 84g **28%**

Dietary Fiber 6g **24%**

Sugars 5g

Protein 20g

Turkey Lurkey:

With mashed potatoes with gravy and glazed baby carrots

Nutrition Facts

Serving Size 395 Grams (g)

Amount Per Serving

Calories 410 Calories from Fat 210

% Daily Value *

Total Fat 23g **35%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 1430mg **60%**

Total Carbohydrates 34g **11%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 18g

Lil' Farmers—Sides

Golden Brown Home Fries:

Nutrition Facts	
Serving Size 164 Grams (g)	
Amount Per Serving	
Calories 250	Calories from Fat 150
% Daily Value *	
Total Fat 17g	26%
Saturated Fat 2.5g	12%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrates 24g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	

Hash Browns:

Nutrition Facts	
Serving Size 147 Grams (g)	
Amount Per Serving	
Calories 220	Calories from Fat 110
% Daily Value *	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 28g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	

French Fries:

Nutrition Facts	
Serving Size 119 Grams (g)	
Amount Per Serving	
Calories 330	Calories from Fat 130
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrates 47g	16%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 0g	

Mashed Potatoes:
With Country Gravy

Nutrition Facts	
Serving Size 193 Grams (g)	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value *	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 560mg	23%
Total Carbohydrates 17g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	

Mashed Potatoes:
With Chicken Gravy

Nutrition Facts	
Serving Size 193 Grams (g)	
Amount Per Serving	
Calories 210	Calories from Fat 120
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 830mg	35%
Total Carbohydrates 19g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	

Signature Coleslaw:

Nutrition Facts	
Serving Size 102 Grams (g)	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	10%
Total Carbohydrates 19g	6%
Dietary Fiber 2g	8%
Sugars 17g	
Protein <1g	

Bread & Celery Dressing:

Nutrition Facts	
Serving Size 226 Grams (g)	
Amount Per Serving	
Calories 340	Calories from Fat 140
% Daily Value *	
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1000mg	42%
Total Carbohydrates 42g	14%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 7g	

Glazed Fresh Baby Carrots:

Nutrition Facts	
Serving Size 102 Grams (g)	
Amount Per Serving	
Calories 90	Calories from Fat 40
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrates 13g	4%
Dietary Fiber 3g	12%
Sugars 10g	
Protein <1g	

KIDS

Lil' Farmers—Sides

Green Beans with Ham :

Nutrition Facts	
Serving Size 109 Grams (g)	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 460mg	19%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	

Fresh Steamed Broccoli :

Nutrition Facts	
Serving Size 99 Grams (g)	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	

Fresh Steamed Broccoli with Butter:

Nutrition Facts	
Serving Size 111 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 90
% Daily Value *	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrates 5g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	

Baked Potato:

Nutrition Facts	
Serving Size 298 Grams (g)	
Amount Per Serving	
Calories 330	Calories from Fat 100
% Daily Value *	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrates 51g	17%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	

Seasonal Fresh Fruit:

Nutrition Facts	
Serving Size 108 Grams (g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	4%
Sugars 12g	
Protein <1g	

Lil' Farmers—Drinks

2% White Milk:

Nutrition Facts	
Serving Size 427 Grams (g)	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value *	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 200mg	8%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 14g	

1% Chocolate Milk:

Nutrition Facts	
Serving Size 438 Grams (g)	
Amount Per Serving	
Calories 310	Calories from Fat 40
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 270mg	11%
Total Carbohydrates 55g	18%
Dietary Fiber 2g	8%
Sugars 43g	
Protein 14g	

100% Apple Juice:

Nutrition Facts	
Serving Size 336 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrates 26g	9%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 0g	

100% Orange Juice:

Nutrition Facts	
Serving Size 398 Grams (g)	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 41g	14%
Dietary Fiber 1g	4%
Sugars 35g	
Protein 3g	

Coca Cola:

Nutrition Facts	
Serving Size 232 Grams (g)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 22g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 0g	

Sprite:

Nutrition Facts	
Serving Size 233 Grams (g)	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 24g	8%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 0g	

Barq's Root Beer:

Nutrition Facts	
Serving Size 296 Grams (g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrates 31g	10%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 0g	

Hi-C® Fruit Punch

Nutrition Facts	
Serving Size 234 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrates 29g	10%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Lil' Farmers—Drinks

Cherry Coca Cola:

Nutrition Facts

Serving Size 232 Grams (g)

Amount Per Serving

Calories 90 Calories from Fat 0
% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 22g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 0g	

Diet Coke:

Nutrition Facts

Serving Size 224 Grams (g)

Amount Per Serving

Calories 0 Calories from Fat 0
% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Hot Chocolate:

Nutrition Facts

Serving Size 322 Grams (g)

Amount Per Serving

Calories 320 Calories from Fat 80
% Daily Value *

Total Fat 9g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrates 55g	18%
Dietary Fiber 2g	8%
Sugars 44g	
Protein 4g	

Lil' Farmers—Treats

I'm Smiling Sundae

Ice cream, chocolate topping, whipped topping, Maraschino cherries, candies

Nutrition Facts

Serving Size 133 Grams (g)

Amount Per Serving

Calories 280 Calories from Fat 100

% Daily Value *

Total Fat 12g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 105mg **4%**

Total Carbohydrates 40g **13%**

Dietary Fiber 1g **4%**

Sugars 30g

Protein 5g

Fudge Blast Sundae:

Ice cream, chocolate topping, whipped topping

Nutrition Facts

Serving Size 113 Grams (g)

Amount Per Serving

Calories 190 Calories from Fat 70

% Daily Value *

Total Fat 8g **12%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 55mg **2%**

Total Carbohydrates 30g **10%**

Dietary Fiber <1g **3%**

Sugars 21g

Protein 3g

Caramel Sundae:

Ice cream, caramel topping, whipped topping

Nutrition Facts

Serving Size 113 Grams (g)

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value *

Total Fat 7g **11%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 135mg **6%**

Total Carbohydrates 31g **10%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 3g