



Rudy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Meat-4 oz (.25 pound)						
Pork Loin	125	1	575	0	0	23
Turkey Breast	105	0	1163	2	0	23
Half Chicken*	265	5	596	1	0	22
Sandwiches						
Turkey	391	1	2040	51	2	39
Pork Loin	416	2	1257	50	2	28
Breakfast Tacos						
Bacon & Egg	230	5	610	22	1	14
Bean & Cheese	270	5	570	30	3	10
Brisket & Egg	260	5	610	22	1	14
Sides						
Jumbo Smoked Potato	364	0	678	80	6	10
Three Bean Salad	196	0	600	38	6	6
Cole Slaw	142	1	247	20	3	2
Rudy's Beans	143	0	476	25	8	6
Corn-on-the-Cob	90	0	14	17	2	2
Potato Salad	340	2	623	24	2	3

*Removing the skin will lower saturated fat

Fall 2022

