



	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
<b>BISCUITS</b>		<b>Nutrition Facts</b>											<b>Allergens</b>							
<b>Bacon, Egg &amp; Cheese Biscuit</b>	1	460	250	28	12	0	150	38	1270	4	14	2	x		x			x		x
<b>Cajun Filet Biscuit®</b>	1	570	270	30	10	0	40	54	1310	3	23	3			x			x		x
<b>Cheddar Bo® Biscuit</b>	1	363	183	20	10	0	10	38	990	4	7	2			x			x		x
<b>Country Ham &amp; Egg Biscuit</b>	1	480	240	27	11	0	185	38	2230	4	23	2	x		x			x		x
<b>Country Ham Biscuit</b>	1	430	210	24	10	0	55	37	2120	3	19	2			x			x		x
<b>Egg &amp; Cheese Biscuit</b>	1	410	210	24	11	0	140	38	1100	4	11	2	x		x			x		x
<b>Gravy Biscuit (Cajun Gravy)</b>	1	440	200	23	9	0	5	48	1490	4	10	2			x			x		x
<b>Plain Biscuit</b>	1	320	150	17	8	0	0	37	830	3	5	2			x			x		x
<b>Sausage &amp; Egg Biscuit</b>	1	570	340	38	15	0	160	38	1220	4	16	2	x		x			x		x
<b>Sausage Biscuit</b>	1	520	310	35	14	0	30	37	1110	3	12	2			x			x		x
<b>Steak Biscuit</b>	1	590	340	38	15	1	25	47	1480	4	14	3			x			x		x

	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
<b>SANDWICHES</b>		<b>Nutrition Facts</b>											<b>Allergens</b>							
<b>Cajun Filet Club Sandwich</b>	1	690	360	40	8	0	75	57	1300	6	28	2	x		x			x		x
<b>Cajun Filet Sandwich</b>	1	600	290	32	5	0	55	56	960	6	23	2	x							x
<b>Grilled Chicken Club Sandwich</b>	1	570	270	30	6	0	95	42	1270	6	33	2	x		x			x		x
<b>Grilled Chicken Sandwich</b>	1	470	200	22	3	0	75	41	940	6	28	2	x							x
<b>Pulled Pork BBQ Sandwich</b>	1	460	190	21	6	0	45	48	1020	13	22	3								x

	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
<b>WRAPS</b>		<b>Nutrition Facts</b>											<b>Allergens</b>							
<b>Cajun Filet Wrap</b>	1	710	370	41	13	0	80	56	1410	4	31	6	x		x					x
<b>Grilled Chicken Wrap</b>	1	600	270	30	11	0	95	44	1380	8	37	6	x		x					x



	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat	
<b>SALADS</b>		<b>Nutrition Facts</b>											<b>Allergens</b>								
<b>Chicken Supremes™ Salad</b>	1	490	220	25	9	0	75	37	1220	6	33	6			x						x
<b>Garden Salad</b>	1	160	90	10	6	0	25	10	220	6	10	4			x						
<b>Grilled Chicken Salad</b>	1	290	130	14	7	0	95	11	730	6	32	5			x						
<b>Homestyle Tenders™ Salad</b>	1	520	250	28	9	0	75	37	1020	6	33	5			x			x			x
<b>Roasted Chicken Bites™ Salad</b>	1	410	180	20	9	0	165	18	1430	9	43	4			x						
<b>SWEETS</b>		<b>Nutrition Facts</b>											<b>Allergens</b>								
<b>Bo-Berry Biscuit</b>	1	350	150	16	8	0	0	48	710	17	4	2			x			x			x
<b>Cinnamon Pecan Twist</b> (contains nuts)	1	350	160	17	5	0	0	45	260	16	5	2			x			x	x		x
<b>Sweet Potato Pie</b>	1	370	190	21	11	0	0	40	270	21	3	0	x		x						x
<b>KIDS' MEALS</b>		<b>Nutrition Facts</b>											<b>Allergens</b>								
<b>2 Piece Supremes Kids' Meal</b>	w/water-apple sauce	590	240	27	9	0	35	70	1460	15	20	5			x			x			x
<b>2 Piece Homestyle Tenders Kids' Meal</b>	w/water-apple sauce	610	260	29	10	0	35	69	1370	14	21	5			x			x			x
<b>Chicken Leg Kids' Meal</b>	w/water-apple sauce	490	220	24	9	0	50	56	1100	14	15	5			x			x			x
<b>Mac 'N Cheese Kids' Meal</b>	w/water-apple sauce	630	270	30	11	2.5	15	79	1430	18	15	5			x			x			x
<b>CHICKEN</b>		<b>Nutrition Facts</b>											<b>Allergens</b>								
<b>Breast</b>	1 piece	290	104	12	3	0	107	10	687	0	36	5			x			x			x
<b>Leg</b>	1 piece	128	65	7	2	0	51	5	276	0	10	1			x			x			x
<b>Thigh</b>	1 piece	257	149	17	4	0	87	10	510	0	17	1			x			x			x
<b>Wing</b>	1 piece	138	80	9	2	0	39	7	257	0	8	1			x			x			x
<b>Supremes</b>	4 pieces	456	180	20	4	0	68	39	1257	0	30	2			x			x			x
<b>Homestyle Tenders</b>	4 pieces	497	216	24	5	0	66	38	1083	0	32	2			x			x			x
<b>Roasted Chicken Bites™</b>	1 serving	257	89	10	3	0	138	8	1207	4	34	0			x			x			x



FIXIN'S	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Allergens							
													Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat
<b>Bo-Tato Rounds</b>	Ind.	220	100	12	2.5	0	5	27	640	0	2	3								
<b>Bo-Tato Rounds</b>	Medium	330	160	17	3.5	0	10	41	960	0	3	4								
<b>Bo-Tato Rounds</b>	Picnic	550	260	29	6	.5	15	68	1600	1	5	7								
<b>Bojangles Cajun Pintos</b>	Ind.	120	5	0	0	0	0	22	660	3	5	6								
<b>Bojangles Cajun Pintos</b>	Picnic	450	15	1.5	0	0	0	87	2550	10	21	24								
<b>Bojangles' Dirty Rice</b>	Ind.	140	45	5	1	0	5	20	540	0	3	1							x	x
<b>Bojangles' Dirty Rice</b>	Picnic	550	170	19	5	0	15	77	2130	1	12	2							x	x
<b>Cole Slaw</b>	Ind.	170	100	11	1.5	0	5	20	240	17	1	2	x							
<b>Cole Slaw</b>	Picnic	520	290	32	5	0	15	60	730	51	3	6	x							
<b>Green Beans</b>	Ind.	40	0	0	0	0	0	8	740	1	2	3							x	x
<b>Green Beans</b>	Picnic	140	0	0	0	0	0	27	2550	5	8	11							x	x
<b>Macaroni 'N Cheese</b>	Ind.	260	120	13	4	2	15	29	600	3	10	1			x				x	x
<b>Macaroni 'N Cheese</b>	Picnic	990	450	50	14	8	60	107	2270	12	37	4			x				x	x
<b>Mashed Potatoes 'N Gravy (Cajun Gravy)</b>	Ind.	120	35	4	1	0	5	17	640	1	4	1			x				x	x
<b>Mashed Potatoes 'N Gravy (Cajun Gravy)</b>	Picnic	360	80	9	2	0	10	1920	3	11	4				x				x	x
<b>Picnic Grits</b>	Picnic	320	10	1	0	0	0	73	0	0	8	4								
<b>Seasoned Fries</b>	Ind.	300	140	15	3	0	5	38	370	1	4	4								
<b>Seasoned Fries</b>	Medium	410	190	21	4	0	5	51	500	1	5	5								
<b>Seasoned Fries</b>	Picnic	740	330	37	7	1	10	92	900	1	9	10								





	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat	
<b>DRINKS (Continued)</b>	<b>Nutrition Facts</b>												<b>Allergens</b>								
<b>Sierra Mist (16oz, with ice)</b>	Small	200	0	0	0	0	0	52	50	52	0	0									
<b>Sierra Mist (22oz, with ice)</b>	Regular	280	0	0	0	0	0	72	70	72	0	0									
<b>Sierra Mist (32oz, with ice)</b>	Large	400	0	0	0	0	0	104	100	104	0	0									
<b>Sweet Iced Tea (22oz, with ice)</b>	Regular	280	0	0	0	0	0	71	0	69	0	0									
<b>Tropicana Lemonade (16oz, with ice)</b>	Small	240	0	0	0	0	0	58	40	56	0	0									
<b>Tropicana Lemonade (22oz, with ice)</b>	Regular	330	0	0	0	0	0	80	55	77	0	0									
<b>Tropicana Lemonade (32oz, with ice)</b>	Large	480	0	0	0	0	0	116	80	112	0	0									
<b>Unsweetened Iced Tea (22oz, with ice)</b>	Regular	5	0	0	0	0	0	2	0	0	0	0									
<b>Milk 1% Lowfat (White)</b>	8oz	110	20	2.5	1.5	0	10	13	130	12	8	0			x						
<b>Milk 1% Lowfat (Chocolate)</b>	8oz	160	25	2.5	1.5	0	10	27	220	25	8	0			x						



	Serving Size	Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Sugar (g)	Protein (g)	Dietary Fiber	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat	
<b>SAUCES</b>	<b>Nutrition Facts</b>												<b>Allergens</b>								
<b>BBQ Sauce</b>	2 oz	100	0	0	0	0	0	26	440	22	0	0									
<b>Bo Special Sauce</b>	2 oz	280	260	28	4	0	20	6	440	6	0	0	x								
<b>Honey Mustard Sauce</b>	2 oz	280	220	26	4	0	20	14	400	12	0	0	x								
<b>Hot Sauce (Texas Pete)</b>	7 g	0	0	0	0	0	0	0	120	0	0	0		x				x			x
<b>Ranch Sauce</b>	2 oz	300	280	30	5	0	30	4	440	2	2	0	x		x						

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<b>DRESSINGS</b>	<b>Nutrition Facts</b>												<b>Allergens</b>								
<b>Buttermilk Ranch Dressing</b>	1.5 oz	260	250	28	4.5	0	10	2	220	2	1	0	x		x						
<b>Blue Cheese Dressing</b>	1.5 oz	230	220	24	4.5	0	20	2	320	2	1	0	x		x						
<b>Fat Free Italian Dressing</b>	1.5 oz	20	0	0	0	0	0	5	700	3	0	0									
<b>Honey Dijon Dressing</b>	1.5 oz	120	60	7	1	0	15	15	390	14	0	0	x					x			

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<b>CONDIMENTS</b>	<b>Nutrition Facts</b>												<b>Allergens</b>								
<b>Creamer (Half &amp; Half)</b>	3/8 oz	15	10	1	.5	0	5	1	10	0	0	0			x						
<b>Grape Jelly</b>	14 g	35	0	0	0	0	0	9	5	7	0	0									
<b>Honey</b>	9 g	25	0	0	0	0	0	7	0	7	0	0									
<b>Ketchup</b>	9 g	10	0	0	0	0	0	3	85	2	0	0									
<b>Margarine</b>	5 g	20	20	2.5	0	0	0	0	40	0	0	0						x			
<b>Mayonnaise</b>	9 g	60	50	6	1	0	5	1	60	1	0	0	x								
<b>Mustard</b>	5.5 g	0	0	0	0	0	0	0	65	0	0	0									
<b>Strawberry Jelly</b>	14 g	35	0	0	0	0	0	9	5	6	0	0									



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