



<b>BLACKBOARD BURGERS</b>	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Tot Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Added Sugars (g)	Proteins (g)
No. 1 - Farm Burger	860	520	59	22	1.5	12	19	160	780	510	40	3	8		40
No. 2 - Housemade Vegan	570	230	26	3.5		2.5	1.0		720	410	69	7	7		13
No. 2 - Housemade Vegan substitute with Beyond Burger	630	340	38	8		0	0		860	500	45	5	5		28
No. 3 - Pastured Pig	840	560	63	21	0	16	23	135	680	450	43	4	9	2	28
No. 4 - Chicken Burger	720	340	38	15		7	12	130	920	450	54	4	17		39
No. 5 - Sunny-Side	990	570	65	26	1.5	5.0	24	385	1320	730	37	3	7		59
No. 6 - Double Bacon Cheeseburger	1360	830	94	38	1.0	7	34	270	3640	960	39	2	6		76

<b>BUILD YOUR OWN</b>															
Bun: Gluten-free	210	45	5.0	2.5					400		39	6	3		3
Bun: Regular	180	15	1.5			1.0	0	5	250	55	34	2	5		6
Bun: Vegan	190	20	2.5	1.0					340		35		4		5
Burger: 50 Beef/50 Bacon	790	450	51	20	0.5	4.5	22	145	1710	570	35	2	5		43
Burger: 100% Grassfed Beef	640	340	38	16	1.5	2.0	16	135	560	410	34	2	5		36
Burger: Beyond Burger	540	280	32	7					720	340	40	4	4		25
Burger: Chicken	530	240	28	11		4.0	10	110	690	280	35	2	5		33
Burger: Pastured Pig	650	390	44	18	0	5	19	115	560	300	35	2	5		26
Burger: Housemade Vegan	490	170	19	3.0		2.5	1.0		660	300	66	6	5		12
Patty: 50 Beef/50 Bacon	580	410	46	18	0.5	3.5	20	130	1460	520	1				37
Patty: 100% Grassfed Beef	430	290	33	14	1.5	1.0	14	120	310	360	0				30
Patty: Beyond Burger	350	260	29	6					380	340	5	3			20
Patty: Chicken	320	200	22	9		3.0	9	95	440	230	1				27
Patty: Pastured Pork	430	340	39	15	0	4.0	17	100	310	250	1				20
Patty: Housemade Vegan	300	150	17	2.0		2.5	1.0		320	300	31	5	1		7



<b>BUILD IT TOPPINGS</b>	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Tot Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Added Sugars (g)	Proteins (g)
Arugula	0	0	0						0	50	1				0
Bleu Cheese	50	35	4.0	2.5				15	130		1				4
Bone Marrow	70	60	7	1.0		0	0	4	0	0	0				0
Candied Jalapeños	15	0	0						0	20	4		4	4	0
Caramelized Onions	70	35	4.0	0.5		2.5	1.0		290	120	8	1	3		1
Crispy Red Onions	70	40	4.5	1.0		2.5	1.0		5	50	6		1		1
FB Sauce	120	120	13	2.5		8	3.0	10	160	20	1				0
Feta Cheese	60	40	4.5	3.0	0			15	230		1	0	0	0	4
Fresh Jalapeños	0	0	0						0	30	1				0
Fried Farm Egg	100	70	8	2.0		1.0	2.5	195	85	60	0				6
Goat Cheese	70	50	6	4.0				10	130		1				4
Gouda Cheese	70	50	6	3.5				20	170		1				5
Grainy Mustard	60	25	3.0						400		6				
House Pickles	0								0	40	1				0
Iceberg Lettuce	0								0	50	1				0
Pasture-raised Bacon	150	100	11	4.0		1.5	5	30	690	170	0				11
Mayo	200	210	23	4.0		14	5	20	160						
Onion Ring	45	25	2.5	0		1.5	0.5		25	25	5				1
Pepper Jack Cheese	80	50	6	4.0				25	130						5
Pickled Jalapeños	5	0	0						45	25	1				0
Pimento Cheese	170	140	16	7		4.5	1.5	35	200	0	1				7
Pork Belly	230	210	23	8		2.5	11	30	410	105	1				4
Red Onion	10								0	40	3		1		0
Roasted Garlic	80	80	9	0.5	0			0	0	20	2	0	0	0	0
Sautéed Mushrooms	50	35	4.0	0.5		2.0	1.0		190	240	3				1
Smoked Paprika Mayo	200	200	23	4.0		14	5.0	20	170	10	0				0
Sunny-Side Farm Egg	100	70	8	2.0		1.0	2.5	195	85	60	0				6
Swiss Cheese	80	50	6	4.0				20	50		1				6
Tomato	5	0	0						0	80	1				0
White BBQ Sauce	180	180	21	3.5		12	4.5	20	370	5	1				
White Cheddar	80	60	6	3.5				20	125		1				5
Wisconsin Cheddar	80	60	7	3.5				15	125		1				5



<b>SEASONAL SALADS</b>	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Tot Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Added Sugars (g)	Proteins (g)
Farm Salad - Side	80	40	4.5	1.0		0	1.0	5	270	240	8	2	5		3
Farm Salad - Regular	140	70	8	2.5		0	1.5	10	450	360	11	3	8		5
Farm Salad - Large	190	80	9	2.5		0.5	2.0	10	620	640	20	5	14	1	7
Superfood Salad - Side	290	140	16	2.5	0	3.5	7	5	110	370	33	6	4	2	6
Superfood Salad - Regular	360	160	18	3.5	0	4.0	8	5	150	480	43	8	5	2	8
Superfood Salad - Large	570	280	31	5	0	7	14	10	220	750	66	12	7	3	12
Lemon Vinaigrette	100	90	11	1.5		0	2.5	4	150	5	2		1		0
Sweet Potato + Apple Dressing	45	40	5.0	2.5	0	0	1.0	10	40	10	0				0

<b>FRIES + RINGS</b>															
Add Pimento Cheese	500	410	47	19		13	4.5	95	590	0	3				20
Add Spicy Garlic, Herbs, + Parmesan	60	30	3.5	2.0				10	220	25	1				5
Basket of Fries	590	320	36	7		21	8		1790	990	60	5	3		5
Basket of Sweet Potato Fries	570	330	37	7		21	8		80	700	54	8	17		4
FB Fries-Basket	710	390	44	11		21	8	20	2230	1040	63	6	3		15
Onion Rings	530	370	42	7		25	9	20	350	210	34	3	6		5
Pimento Cheese Fries	1070	700	79	24		33	12	90	2500	1090	68	7	6	2	24
Rings + Fries	810	520	59	10		35	13	20	1480	800	62	6	5		7
Side of Onion Rings	250	130	15	2.5		8	3.0		1810	150	26	2	4		4
Side of Regular Fries	250	130	15	2.5		9	3.0		750	410	25	2	1		2
Side of Sweet Potato Fries	240	140	15	3.0		9	3.5		35	290	22	3	7		2

<b>SNACKS</b>															
Collards	150	5	1.0	0		0	0		1170	370	35	6	24	22	5
Kale Slaw	80	50	6	1.0		3.5	1.0	5	55	190	8	1	3		1
Sweet Potato Hushpuppies with Apple Butter	750	460	52	14		24	12	30	1080	240	64	4	17	10	7



<b>LIL FARMERS (NO SIDES)</b>	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Tot Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Added Sugars (g)	Proteins (g)
Crispy Chicken Tenders	300	160	18	3.5		9	4.0	45	1130	170	14				18
Fruit + Veg Cup	240	140	16	1.5		7	2.0		220	580	21	6	11		5
Grilled Cheese	470	250	28	15		0	2.0	80	600	0	34		6		20
Lil Cheeseburger	360	210	23	11	0.5	0.5	7	75	520	150	19	1	2		20
Juice Box: Apple Juice	90								5	200	21		20		
Juice Box: Fruit Punch	90								5	190	22		21		
Juice Box: Very Berry	90								5	190	22		21		
Lowfat 1% Chocolate Milk	150	20	2.5	1.5				10	200		23		21		8
Lowfat 1% Milk	110	20	2.5	1.5			0	10	130		13		12		8

<b>DRINKS</b>															
Iced Tea, Unsweet	5	0	0	0	0			0	20	220	2	0			0
Iced Tea, Sweet	160	0	0	0	0			0	15	35	42	0	42	0	0
Coke	150	0	0	0	0			0	45		40	0	40	0	0
Diet Coke	0	0	0	0	0			0	40		0	0			0
Coke Zero	0	0	0					0	40	60	0		0		0
Sprite	146		0.1					0	33	4	37		33		0.2
Lemonade	210								10	55	54		51	51	0
Mexican Coke	150								85		39		39		
Tractor Blood Orange	90										21		21		
Tractor Cherry Cream	90										22		22		
Tractor Kola Cola	90										21		21		
Tractor Kola Cola Light	40										10		10		
Tractor Root Beer	110										27		27		
Tractor Juice: Blueberry	71												13		
Tractor Juice: Mandarin Cardamon	70												17		
Jarritos Mandarin	120	0	0	0	0			0	45		29	0	29	0	0
Jarritos Lime	170	0	0	0	0			0	40		44	0	42	0	0



<b>MILKSHAKES</b>	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Tot Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Added Sugars (g)	Proteins (g)
Chocolate Milkshake	400	140	16	10		0	1.0	70	230	160	54	3	48		13
Vanilla Milkshake	340	130	14	8		0	1.0	85	140	160	42		42		10
Cola Float	200	30	3.5	2.0				25	30		39		39		2
Root Beer Float	180	30	3.5	2.0				25	30		33		33		2

<b>CATERING</b>															
Banana Pudding	950	450	50	30		2.0	10	290	600	510	113	2	75	35	12
Bread Pudding - Chocolate	16100	7890	893	505		54	248	10355	10360	5210	1757	41	993	679	345
Bread Pudding - Traditional	14550	7360	833	451		54	248	10355	9710	5210	1530	29	838	679	333
Bruschetta	50	25	2.5	1.0		0	0.5	5	420	60	5				3
Caramelized Onion Dip	60	50	6	1.5		3.0	1.0	10	190	0	1				0
Chocolate Chip Cookie	280	110	13	7		1.0	4.5	15	190		37	2	21		3
Mac And Cheese	340	170	19	11		0.5	4.0	60	150	110	32	1	5		11
Market "Farm" Salad	190	80	9	2.5		0.5	2.0	10	620	640	20	5	14	1	7
Meatballs	1660	1050	119	46	3.0	11	50	635	4090	1610	35	4	21		105
Pimento Cheese Stuffed Mushrooms	620	530	60	16		9	3.0	65	2210	220	4		2		16
Pimento Cheese Toast	550	390	44	18		12	4.5	90	720	80	22	1	3		21
Potato Chips	220	120	14	2.5		8	3.0		280	430	23	2			2
Potato Salad	290	180	20	3.5		12	4.5	15	520	430	27	3	2		2
Seasonal Hummus	240	160	18	2.5		2.0	12		1680	200	14	4			5
Sweet Potato Chips	230	120	14	2.5		8	3.0		320	540	23	4	7		2





<b>BUILD IT TOPPINGS</b>	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Arugula								
Bleu Cheese			X					
Roasted Bone Marrow			X					
Candied Jalapeños								
Caramelized Onions								
Crispy Red Onions			X					X
Farm Burger Sauce	X	X						
Feta Cheese			X					
Fresh Jalapeños								
Fried Farm Egg	X							
Goat Cheese			X					
Gouda Cheese			X					
Grainy Mustard								
House Pickles								
Iceberg Lettuce								
Mayo	X							
Onion Ring			X					X
Pasture-raised Bacon								
Pepper Jack Cheese			X					
Pickled Jalapeños								
Pimento Cheese	X	X	X					
Pork Belly						X		
Red Onion								
Roasted Garlic								
Sauteed Mushrooms								
Smoked Paprika Mayo	X							
Sunny-Side Up Farm Egg	X							
Swiss Cheese			X					
Tomato								
White BBQ Sauce	X							
White Cheddar			X					
Wisconsin Cheddar			X					



<b>FRIES + RINGS</b>	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Add Pimento Cheese	X	X	X					
Add Spicy Garlic, Herbs, And Parmesan			X					
Basket of Fries								
Basket of Sweet Potato Fries								
FB Fries-Basket			X					
Onion Rings	X		X					X
Pimento Cheese Fries	X	X	X					
Rings + Fries	X		X					X
Side of Onion Rings	X		X					X
Side of Regular Fries								
Side of Sweet Potato Fries								

<b>SEASONAL SALADS</b>	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Farm Salad - Side			X					
Farm Salad - Regular			X					
Farm Salad - Large			X					
Superfood Salad - Side			X				X	X
Superfood Salad - Regular			X				X	X
Superfood Salad - Large			X				X	X
Ginger Dill Dressing							X	
Lemon Vinaigrette			X					
Sweet Potato + Apple Dressing			X					





<b>SNACKS</b>	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Collards								
Kale Slaw	X							
Sweet Potato Hushpuppies with Apple Butter			X					X

<b>LIL FARMERS (NO SIDES)</b>	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Crispy Chicken Tenders			X					X
Fruit + Veg Cup								
Grilled Cheese			X					X
Lil Cheeseburger			X			X		X
Juice Box: Apple Juice								
Juice Box: Fruit Punch								
Juice Box: Very Berry								
Lowfat 1% Chocolate Milk			X					
Lowfat 1% Milk			X					

<b>SHAKES + FLOATS</b>	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Chocolate Milkshake	X		X					
Vanilla Milkshake	X		X					
Cola Float	X		X					
Root Beer Float	X		X					

