

*Make educated choices within
your meal plan...*

Tips for Healthier Eating



BD

Helping all people
live healthy lives

BD Getting Started™ Fast Food Guide

BD Fast Food Guide – Introduction

Dining Out

Eating at fast food restaurants can be challenging for everyone especially if you have diabetes. Meals are often high in fat, sodium, calories, and carbohydrate. Finding fast food that fits into your meal plan takes planning. If you know the nutritional content of the menu items you want to eat, you can make educated choices within your meal plan. This booklet provides you with the nutritional information for the following fast food restaurants: Arby's®, Burger King®, Denny's®, Dunkin Donuts®, Jack-In-The-Box®, Kentucky Fried Chicken®, Krispy Kreme® Donuts, McDonald's®, Papa Murphy's®, Pizza Hut®, Subway®, Taco Bell®, and Wendy's®.

The nutrition information was obtained from the individual restaurants. Menu items were analyzed by computer and not by chemical analysis of the product. Soft drinks are not listed in each of the fast food restaurants. Some specialty drinks like milkshakes and smoothies have been included. For more detailed information you may visit the restaurant's web site found at the top of each page. The nutritional information includes serving sizes (weight), calories, carbohydrates, fiber, protein, fat, percent calories from fat, saturated fat, trans fat, cholesterol, and sodium.

A Registered Dietitian or Certified Diabetes Educator can teach you how to interpret this guide so that you can make food choices that best fit into your meal plan.

Tips for Healthier Eating

• Know Your Meal Plan

Meal plans should be based on the eating habits of the person with diabetes. It is generally recommended to include a balance of carbohydrate, lean protein, and healthy fat with meals. Include plenty of high fiber foods like fruits, vegetables, legumes, whole grain breads and cereals, nuts, and seeds. Since carbohydrate foods affect blood glucose levels more than proteins or fats, they should be spaced out throughout the day. The best way to do this is to eat three meals per day with snacks. For most adult women with diabetes, 2-4 carbohydrate servings (30-60g) per meal and 1-2 carbohydrate servings (15-30g) for snacks are reasonable amounts. For most adult men, 3-5 carbohydrate servings (45-75g) per meal and 1-2 carbohydrate servings (15-30g) for snacks are appropriate. Children, teenagers and athletes need more calories and may need to eat more carbohydrate. Check with your diabetes educator for the proper amount of carbohydrate choices for meals and snacks.

• Be Calorie and Fat Aware

Maintaining a healthy weight is important for optimal health. Balancing what you eat with physical activity can help you reach or maintain your weight goal. Use the chart below to estimate your calorie goal. Reasonable calorie amounts for breakfast are 200-400; for lunch, 400-600; and for dinner, 400-700. Try to keep snacks between 80-200 calories.

Estimated Calories to Maintain Weight (For Sedentary Lifestyle)

Age	Male	Female
2-3	1,000 - 1,200	1,000 - 1,200
4-8	1,200 - 1,400	1,200 - 1,400
9-13	1,600 - 2,000	1,400 - 1,600
14-18	2,000 - 2,400	1,800
19-30	2,400 - 2,600	2,000 - 2,200
31-50	2,200 - 2,400	2,000
51+	2,000 - 2,200	1,800

Reference: Dietary Guidelines For American, 2010
www.healthierus.gov/dietaryguidelines

Dietary fats are part of a healthy diet. The type of fat eaten is important for heart health. Choose most of your fats from plant sources like nuts, seeds, vegetables oils and avocados as these are healthier for your heart. High intakes of saturated and trans fats may increase the fats in your blood making you higher at risk for heart disease.

Maximum Saturated Fat Intake:

Less Than 7 Percent of Total Calorie Intake

Maximum Trans Fat Intake:

Less Than 1 Percent of Total Calorie Intake

Total Calorie Intake	Saturated Fat Limit <7%	Trans Fat Limit <1%
1,000	8g	1g
1,400	11g	2g
1,600	12g	2g
1,800	14g	2g
2,000	16g	2g
2,200	17g	2g
2,400	19g	3g
2,800	22g	3g

Reference: The 2006 American Heart Association Diet and Lifestyle Recommendations

• Limit Sodium (Salt) 2300mg Per Day

Reduce sodium intake further to 1,500mg per day for persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.

• Fill Up On Fiber

Choose salads, veggies, legumes (beans) and whole grain breads. Bring fruit or raw vegetables from home to add to your meal.

- **Reduce Fat, Calories, and Sodium**

Limit fried foods, cheese, bacon, pickles, olives, mayonnaise, tartar sauces, sour cream, and “special sauces”. Order sauces, gravy, and dressings on the side and use a small amount. Choose a small order of French fries instead of a large. A side salad or a serving of vegetables is a better choice than French fries. Eat fresh vegetables, light mayonnaise, and reduced calorie dressings whenever possible. A high fat meal may cause your blood glucose to rise 6 to 8 hours after eating.

- **Reduce Intake of Sugar-Sweetened Beverages**

Sugar-sweetened beverages provide excess calories and carbohydrate with little nutritional value. Keeping intake low will help to keep glucose levels and weight in better control.

- **Control Portions**

Consider splitting a meal with a friend or take half home for another meal. Avoid super-sizing!

- **Speak Up**

Don’t be afraid to ask questions to make sure that you are getting what you really want. Ask how a sandwich is prepared or if the restaurant offers a low fat salad dressing selection.

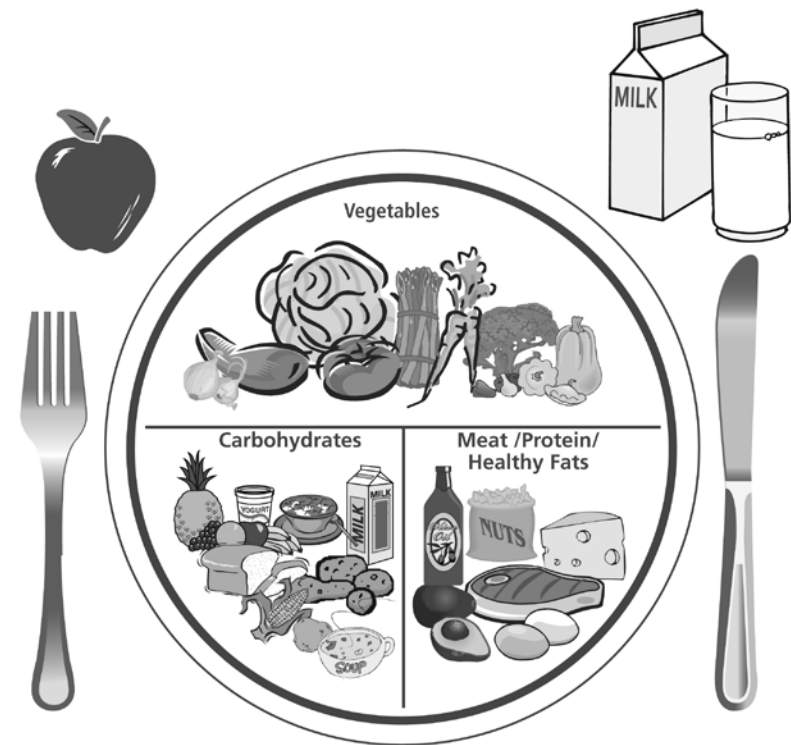
- **Exercise More**

To help burn additional calories, control blood glucose levels, and prevent weight gain increase physical activity. Adults should aim for a minimum of 150 minutes of moderate-intensity aerobic activity each week.

- **Check Blood Glucose Levels**

Checking glucose levels 2-3 hours after your meal can help you evaluate its effect. Blood glucose targets for most people with diabetes are 90mg/dl - 130mg/dl before meals and 180mg/dl or less, two hours after eating. Speak with your diabetes educator if you are not meeting your glucose targets.

You can work fast food into your diet occasionally and still maintain good health. The basis of a healthy diet is one that is made up of a variety of foods such as whole grains, fruits and vegetables, lean meats, low fat dairy products, and healthy fats. Choosing foods that are not processed foods and are high in fiber will improve the quality of your diet and keep sodium low. For meal planning, use “The Healthy Plate” Guide where half of the plate includes vegetables, a quarter of the plate lean protein and healthy fat and a quarter from carbohydrate (bread, starch, grain, fruit and /or milk).



Sample Meal Plan for Health

Breakfast:

1C oatmeal with 2T nuts and 2T dried fruit and 1/2C low fat milk

Lunch:

Turkey sandwich on whole grain bread with lettuce, tomato,
1T mayonnaise
1C raw vegetables or low sodium vegetable soup
Fruit

Snack:

1C lowfat Greek yogurt
½ piece fruit

Dinner:

4oz baked fish
1C brown rice
1C sautéed greens in olive oil and garlic
Tossed salad with 1T oil and vinegar dressing

Snack:

3-4C air popped popcorn

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Breakfast Items												
Bacon, Egg & Cheese Biscuit		160	450	34	1	18	26	52	15	0	165	1610
Bacon, Egg & Cheese Croissant		134	390	24	1	16	24	55	12	0.5	190	1010
Bacon, Egg & Cheese Sourdough		170	490	46	2	24	22	40	7	0	170	1450
Bacon, Egg & Cheese Wrap		203	560	45	3	21	29	47	10	0	170	1870
Biscuit		83	250	32	1	6	11	40	9	0	80	780
Blueberry Muffin		85	270	33	1	4	14	47	2.5	0	55	260
Breakfast Syrup		43	120	31	0	0	0	0	0	0	0	35
Chicken Biscuit		185	530	60	1	18	24	41	16	0	45	1310
French Toastix		124	330	47	2	6	13	35	2	0	0	500
Ham & Cheese Croissant		120	270	22	1	15	14	55	8	0	60	920
Ham, Egg & Cheese Biscuit		195	420	34	1	22	22	47	14	0	180	1720
Ham, Egg & Cheese Croissant		169	360	24	1	19	20	50	10	0	205	1130
Ham, Egg & Cheese Sourdough		200	440	45	2	26	17	35	5	0	180	1440
Ham, Egg & Cheese Wrap		234	520	45	3	22	24	42	8	0	180	1900
Sausage Biscuit		135	460	33	1	13	31	61	17	0	40	1230
Sausage Gravy Biscuit		305	590	48	1	14	38	58	20	0	40	1930
Sausage, Omelet & Cheese Sourdough		197	580	45	2	25	34	53	12	0	185	1280
Sausage Egg & Cheese Croissant		173	530	24	1	18	40	68	18	0.5	220	1090
Sausage Egg & Cheese Wrap		237	690	45	3	21	43	56	15	0	195	1810
Sausage Egg & Cheese Biscuit		199	590	35	1	20	42	64	21	0	195	1680
Sausage Egg & Cheese Sourdough		204	610	46	2	25	37	55	13	0	195	1390
Bacon & Egg w/Biscuit Breakfast Platter		236	570	43	2	23	30	47	15	0	280	1690
Bacon & Egg w/Blueberry Muffin Breakfast Platter		238	600	44	2	21	33	50	8	0	335	1170
Ham & Egg w/Biscuit Breakfast Platter		267	530	43	2	24	26	44	13	0	290	1730
Ham & Egg w/Blueberry Muffin Breakfast Platter		270	560	44	2	23	29	47	6	0	345	1200
Sausage & Egg w/Biscuit Breakfast Platter		270	700	43	2	23	44	57	20	0	305	1640
Sausage & Egg w/Blueberry Muffin Breakfast Platter		272	720	44	2	22	48	60	13	0	360	1120
French Toastix w/Bacon Breakfast Platter		142	430	48	2	13	19	40	4	0	10	990
French Toastix w/Ham Breakfast Platter		173	380	48	2	14	15	36	2.5	0	20	1030
French Toastix w/Sausage Breakfast Platter		176	550	48	2	13	33	54	9	0	35	940
Arby's Roast Beef Sandwiches												
Regular Roast Beef		154	340	38	2	23	11	29	4		45	970
Medium Roast Beef		210	430	39	2	33	16	33	6	1	80	1380
Large Roast Beef		281	560	47	3	45	22	35	8	1	110	1870

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Regular Beef 'n Cheddar		195	420	43	2	23	18	39	5	0.5	50	1260
Medium Beef 'n Cheddar		251	510	44	2	34	23	41	7	1	80	1670
Large Beef 'n Cheddar		329	630	47	2	44	29	41	9	1	115	2270
All-American Roastburger		245	390	44	2	20	15	35	5	0	45	1730
Bacon Cheddar Roastburger		235	420	42	2	26	16	34	8	0.5	60	1840
Super Roast Beef		229	420	45	3	23	17	36	5	0.5	45	1080
Arby's Melt		175	370	40	2	23	13	32	4	0.5	50	1150
Ham & Swiss Melt		131	300	37	2	18	8	24	3.5	0	35	1070
Arby's Chicken												
Chicken Sandwich-Crispy		200	530	52	4	25	25	42	4	0	60	1310
Chicken Sandwich-Roast		189	400	40	3	24	16	36	3	0	50	870
Chicken Bacon & Swiss-Crispy		205	600	55	4	33	27	41	7	0	75	1750
Chicken Bacon & Swiss-Roast		194	470	43	2	32	19	36	5	0	65	1310
Chicken Cordon Bleu-Crispy		241	620	53	3	36	30	44	6	0	95	2040
Chicken Cordon Bleu-Roast		230	490	40	2	35	21	39	5	0	85	1600
Roast Chicken Club		258	500	41	2	31	23	41	7	0	70	1320
Prime-Cut Chicken Tenders Regular		131	360	31	2	21	17	43	2.5	0	50	1160
Prime-Cut Chicken Tenders Large		219	610	52	3	35	28	41	4	0	85	1940
Tangy Barbeque Sauce		28	45	11	0	0	0	0	0	0	0	350
Buffalo Dipping Sauce		28	10	1	0	0	1	90	0	0	0	720
Honey Dijon Mustard Sauce		28	140	5	0	0	13	84	2	0	10	130
Ranch Dipping Sauce		43	160	2	0	1	16	90	3.5	0	30	280
Market Fresh Sandwiches												
Reuben Sandwich		309	700	64	4	38	32	42	9	0	65	1870
Roast Turkey & Swiss Sandwich		332	710	78	5	39	28	35	7	0	75	1780
Roast Turkey, Ranch & Bacon Sandwich		351g	810	78	5	46	36	40	10	0.5	95	2270
Pecan Chicken Salad Sandwich		311	750	85	4	29	34	41	4.5	0	55	1350
Roast Beef & Swiss Sandwich		332	770	78	5	38	35	41	10	1	85	1680
Roast Ham & Swiss Sandwich		332	710	78	5	36	30	38	8	0	75	2010
Ultimate BLT Sandwich		284	820	78	5	32	44	48	9	0	45	1690
Arby's Toasted Sandwiches												
Philly Beef Toasted Sub		254	560	56	3	28	25	40	7	0.5	65	1490
French Dip & Swiss Toasted Sub w/Au Jus		314g	500	61	2	29	15	27	6	0.5	60	2220
Classic Italian Toasted Sub		289	590	57	3	24	30	46	8	0	55	1870
Turkey Bacon Club Toasted Sub		290	560	56	3	32	23	37	6	0	60	1710
Market Fresh Chopped Salads												
Chopped Farmhouse Salad-Turkey and Ham		307g	250	10	3	23	14	50	7	0	60	910
Buttermilk Ranch Dressing		43	210	2	0	1	23	99	3.5	0	10	380
Chopped Farmhouse Chicken Salad-Crispy		337g	430	30	4	27	24	50	8	0	65	1150
Chopped Farmhouse Chicken Salad-Roast		307g	250	11	3	23	13	47	7	0	60	680

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Dijon Honey Mustard Dressing		43	180	8	0	0	16	80	2.5	0	15	260
Balsamic Vinaigrette Dressing		43	130	5	0	0	12	83	2	0	0	470
Chopped Side Salad		120	70	4	1	4	5	64	3	0	15	100
Sides & Sidekickers												
Curly Fries-small		128	450	55	4	4	24	48	3	0	20	1160
Curly Fries-medium		170	600	74	5	6	31	47	4	0	25	1550
Curly Fries-large		201	710	87	6	7	37	47	5	0	30	1840
Cheddar Cheese Sauce		43	50	4	0	1	3.5	63	0.5	0	0	360
Potato Cakes-small (2)		100	260	28	2	2	15	52	2	0	0	400
Potato Cakes-medium (3)		150	390	42	3	3	23	53	3.5	0	0	600
Potato Cakes-large (4)		200	510	57	4	4	30	53	4.5	0	0	790
Homestyle Fries-small		128	360	52	4	4	16	40	2	0	0	1020
Homestyle Fries-medium		170	480	69	5	5	21	39	3	0	0	1360
Homestyle Fries-large		213	610	86	7	6	26	38	3.5	0	0	1700
Loaded Potato Bites-regular (5)		112	350	32	3	9	21	54	6	0	40	810
Loaded Potato Bites-large (8)		179	570	51	5	14	34	54	10	0.5	60	1300
Ranch Dipping Sauce		43	160	2	0	1	16	90	3.5	0	30	280
Mozzarella Sticks-regular (4)		137	440	39	2	21	23	47	9	0.5	5	1190
Mozzarella Sticks-large (6)		206	660	59	3	31	34	46	13	1	5	1780
Marinara Sauce		43	35	5	1	1	1.5	38	0	0	0	160
Jalapeno Bites-regular (5)		110	300	31	2	5	17	51	6	0	25	740
Jalapeno Bites-large (8)		176	470	49	4	8	27	52	10	1	40	1180
Bronco Berry Sauce		43	90	22	0	0	0	0	0	0	0	30
Steakhouse Onion Rings (5)		132	460	56	3	6	24	47	3	0	0	1400
Kids Meal												
Jr. Roast Beef		87	200	24	1	12	6	27	2	0	25	530
Prime-Cut Chicken Tenders (2)		87	240	21	1	14	11	41	1.5	0	35	770
Potato Cakes (2)												
Homestyle Fries-kids		85	240	35	3	3	10	38	1.5	0	0	680
Applesauce		113	80	21	2	0	0	0	0	0	0	10
Shakes & Desserts												
Chocolate Shake-small		369	450	75	1	12	12	24	8	0	45	350
Chocolate Shake-regular		468	570	98	1	15	15	24	10	0	55	450
Jamocha Shake-small		369	440	75	1	11	12	25	8	0	45	350
Jamocha Shake-regular		468	570	97	1	14	15	24	10	0	55	440
Vanilla Shake-small		340	380	60	0	11	12	28	8	0	45	310
Vanilla Shake-regular		425	480	74	0	14	15	28	10	0	55	390
Chocolate Chunk Cookies (2)		91	420	54	2	4	21	45	10	0	30	320
Value Meal												
Jr. Roast Beef Sandwich		87	200	24	1	12	6	27	2	0	25	530
Jr. Chicken Sandwich		122	340	33	2	13	17	45	3	0	25	690
Jr. Ham & Cheddar Sandwich		115	210	26	1	13	6	26	1.5	0	25	930
Jr. Deluxe Sandwich		128	260	25	2	13	12	42	3	0	30	570
Curly Fries-value		77	270	33	2	3	14	47	2	0	10	700
W Apple Turnover		89	310	38	1	5	16	46	7	0	0	190

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
W Cherry Turnover		89	310	37	2	5	16	46	7	0	0	240
Jr. Chocolate Shake		284	350	60	1	9	9	23	6	0	30	280
Jr. Jamocha Shake		284	350	60	0	9	9	23	6	0	30	270
Jr. Vanilla Shake		255	290	45	0	8	9	28	6	0	30	230

Burger King®

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Flame Broiled Burgers												
Hamburger		109	260	28	1	13	13	45	4	0	35	490
Cheeseburger		121	300	28	1	16	16	48	6	0	45	710
Double Hamburger		146	360	28	1	22	22	55	8	0	70	520
Double Cheeseburger		171	450	29	1	26	26	52	12	1	95	960
Buck Double		158	410	28	1	24	24	53	10	0.5	85	740
Rodeo Cheeseburger		128	350	37	2	16	16	41	7	0	45	600
Bacon Cheeseburger		126	330	28	1	18	18	49	7	0	55	810
Double Bacon Cheeseburger		181	510	29	1	31	31	55	14	1	105	1150
BK Double Stacker		173	560	29	1	30	30	48	15	1	110	1040
BK Triple Stacker		227	740	30	1	43	43	52	22	1.5	165	1390
BK Quad Stacker		282	920	31	1	58	58	57	28	2	220	1730
A1 Steakhouse XT		338	970	54	4	42	42	39	23	1	135	1920
Steakhouse XT		306	770	52	3	36	36	42	17	0	115	1330
Chicken, Fish, Veggie and Kids												
TENDERGRILL Chicken												
Sandwich on ciabata		250	470	40	2	37	37	71	3.5	0	85	1100
w/o Mayo		236	360	40	2	37	37	92	1.5	0	75	1010
TENDERCRISP Chicken												
Sandwich		284	800	68	3	32	32	36	8	0.5	70	1640
w/o Mayo		256	590	68	3	31	31	47	4	0	55	1450
Original Chicken Sandwich		218	630	46	3	24	24	34	7	0.5	65	1390
w/o Mayo		190	420	46	3	24	24	51	3.5	0	45	1210
American Original Chicken Sandwich		271	730	49	3	29	29	36	12	1	85	1830
Original Chicken Club Sandwich		256	690	48	3	29	29	38	9	0.5	75	1590
Italian Original Chicken Sandwich		246	520	50	3	32	32	55	7	0	65	1670
Spicy CHICK'N CRISP Sandwich		136	460	34	2	13	13	25	5	0	30	810
w/o Mayo		114	300	35	2	12	12	36	2.5	0	20	670
CHICKEN TENDERS (4 pc)		62	180	13	0	9	9	45	2	0	30	310
CHICKEN TENDERS (5 pc)		78	230	16	0	11	11	43	2.5	0	35	380
CHICKEN TENDERS (6 pc)		93	270	19	0	14	14	47	3	0	45	460
CHICKEN TENDERS (8 pc)		123	360	25	0	18	18	45	4	0	60	610
CHICKEN TENDERS Sandwich		142	440	35	1	12	12	24	4.5	0	35	610

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
KRAFT Macaroni and Cheese		113	160	22	1	7	7	39	1.5	0	10	340
Tacos (2)		174	330	18	5	14	14	38	8	0.5	30	750
Spicy Chicken BK Wrapper		135	360	32	2	14	14	35	5	0	30	1010
BK Chicken Fries (6 pc)		85	250	16	1	14	14	50	2.5	0	30	820
BK Chicken Fries (9 pc)		127	380	24	2	21	21	50	4	0	40	1220
BK Chicken Fries (12 pc)		170	500	32	3	28	28	50	5	0	55	1630
Country Pork Sandwich		298	810	78	4	29	29	32	13	0	75	1910
BK BIG FISH Sandwich		248	640	67	3	23	23	32	5	0.5	45	1560
w/o Tartar Sauce		219	460	64	3	23	23	45	2.5	0	30	1320
BK VEGGIE Burger **		209	410	44	7	22	22	48	2.5	0	5	1030
w/ Cheese		221	450	44	7	24	24	48	5	0	20	1250
w/o Mayo		198	320	43	7	22	22	62	1	0	0	960
Side Orders												
BK Fresh Apple Fries		57	25	6	1	0	0	0	0	0	0	0
Low fat Caramel Sauce		14	45	10	0	0	0.5	10	0	0	0	35
Motts' Harvest Plus Applesauce		108	50	13	1	0	0	0	0	0	0	0
Onion Rings – value		43	150	17	1	2	8	48	1.5	0	0	230
Onion Rings – small		91	310	36	3	4	17	49	3	0	0	490
Onion Rings – medium		117	400	47	4	6	21	47	3.5	0	0	630
Onion Rings – large		142	490	57	5	7	26	48	4.5	0	0	770
French Fries – value (Salted)		74	220	28	2	2	11	45	2.5	0	0	340
French Fries – small (Salted)		116	340	44	4	4	17	45	3.5	0	0	530
French Fries – medium (Salted)		148	440	56	5	5	22	45	4.5	0	0	670
French Fries – large (Salted)		182	540	69	6	6	27	45	6	0	0	830
Mozzarella Sfcks (4 pc)		88	280	24	2	11	15	48	5	0	35	650
BK Salad Collection												
TENDERGRILL Chicken												
Garden Salad		286	230	9	3	34	8	31	3.5	0	85	930
TENDERCRISP Chicken												
Garden Salad		284	410	27	4	27	23	50	6	0	65	1060
Garden Salad (no chicken)		162	70	7	3	4	4	51	2.5	0	10	100
Side Salad		99	40	2	1	3	2	45	1	0	5	45
KEN'S Light Italian Dressing (2 oz)		56	120	5	0	0	11	82	1.5	0	0	440
KEN'S Ranch Dressing (2 oz)		56	190	2	0	1	20	94	3	0	20	550
KEN'S Creamy Caesar Dressing (2 oz)		56	210	4	0	3	21	90	4	0	25	610
KEN'S Fat Free Ranch Dressing (2 oz)		56	60	15	2	0	0	0	0	0	0	740
KEN'S Honey Mustard Dressing (2 oz)		56	270	15	0	1	23	77	3	0	20	510
Garlic Parmesan Croutons		14	60	9	0	1	2	30	0	0	0	120
Breakfast												
BK Breakfast Bowl		243	540	17	2	24	42	70	13	0.5	375	1020
BK Breakfast Muffin Sandwich		137	410	24	1	17	26	57	9	0.5	125	860
BK Kids Breakfast Muffin Sandwich		93	240	23	1	9	11	41	4	0	95	550

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Bk Ulfmate Breakfast Plater		487	1310	134	5	32	72	49	26	1	455	2490
BK Breakfast Plater		301	810	57	4	25	54	60	22	1	360	1790
BK Breakfast Ciabata Club Sandwich		219	480	41	2	24	23	43	7	0	210	1270
Enormous Omelet Sandwich		266	760	44	2	35	44	52	15	1	405	1840
CROISSAN'WICH Egg & Cheese		115	320	26	0	11	16	45	7	0	180	680
CROISSAN'WICH Sausage & Cheese		106	380	26	0	14	24	57	10	0	50	780
CROISSAN'WICH Sausage, Egg & Cheese		159	490	27	0	18	31	57	11	0.5	215	990
CROISSAN'WICH Ham, Egg & Cheese		149	350	27	0	18	17	44	7	0	200	1110
CROISSAN'WICH Bacon, Egg & Cheese		122	360	26	0	14	19	47	8	0.5	190	830
DOUBLE CROISSAN'WICH w/ Sausage, Egg, & cheese		215	700	29	0	29	49	63	18	1	255	1510
DOUBLE CROISSAN'WICH w/ Bacon, Egg,		142	440	27	0	20	25	51	11	0.5	210	1190
DOUBLE CROISSAN'WICH w/ Ham, Egg, & cheese		196	440	28	0	26	22	45	10	0.5	230	1740
DOUBLE CROISSAN'WICH w/ Sausage, Bacon, Egg & cheese		179	570	28	0	24	37	58	15	1	235	1350
DOUBLE CROISSAN'WICH w/ Ham, Bacon, Egg & cheese		169	440	28	0	23	24	49	10	0.5	220	1470
DOUBLE CROISSAN'WICH w/ Ham, Sausage, Egg & cheese		206	570	28	0	28	35	55	14	1	240	1630
Cheesy Bacon BK WRAPPER		137	380	28	2	13	24	57	7	0.5	185	1020
Sausage Biscuit		126	420	32	1	13	27	58	15	0.5	35	1090
Ham, Egg, & Cheese Biscuit		164	420	33	1	16	22	47	15	0.5	185	1410
Sausage, Egg, & Cheese Biscuit		191	570	34	1	20	37	58	19	1	210	1510
Bacon, Egg & Cheese Biscuit		155	420	34	1	16	25	54	16	1	185	1360
Pancakes (3) and 1 oz breakfast syrup		187	500	77	1	7	19	34	4.5	0	95	700
Pancake Plater w/ Sausage & 1 oz Breakfast Syrup		231	670	78	1	14	34	46	9	0	125	1010
Side of Eggs		96	160	3	0	10	12	67	3	0	330	320
Side of Southwest Potatoes		77	90	12	2	2	3.5	35	1	0	0	220
Hash Browns – small		84	250	24	3	2	16	58	3.5	0	0	410
Hash Browns – medium		168	500	48	7	4	33	59	7	0	0	810
Hash Browns – large		224	670	65	9	5	44	59	9	0	0	1080
Mini Blueberry Biscuits with icing (4pc)		113	390	57	1	5	15	35	15	0	0	830
Cini-minis (4 minis)		108	400	52	2	7	18	40	7	0	20	380
Vanilla Icing		28	90	22	0	0	0	0	0	0	0	25
French Toast Sfcks (3 piece)		65	230	29	1	3	11	43	2	0	0	260
French Toast Sfcks (5 piece)		109	380	49	2	5	18	43	3	0	0	430

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Skillets												
Prime Rib Premium Skillet*		21	850	64	7	41	46	49	15	0	540	2080
Ultimate Skillet		15	740	34	6	27	56	71	17	0	475	1470
Santa Fe Skillet		14	710	30	5	33	52	66	15	0	485	1490
Bacon Chipotle Chicken Skillet* (add sides, bread and drink)		7	360	4	0	47	18	45	7	0	125	800
Scrambles												
Meat Lover's Scramble		21	1140	94	5	49	63	50	27	0	565	3410
Heartland Scramble		21	1160	110	7	38	63	49	19	0	520	2930
Favorites												
Moons Over My Hammy (add choices)		13	760	51	2	44	41	48	15	0	530	2320
Country Fried Steak & Eggs (add choices)		11	660	29	3	39	43	59	15	2	490	1620
Southwestern Steak Burrito w/Hash Browns		19	1120	101	7	36	63	51	16	0	285	2610
Bacon Avacado Burrito w/Hash Browns		17	1010	91	8	29	59	53	15	0	275	2210
T-bone Steak & Eggs* (add choices)		16	780	4	0	10	36	42	19	0	605	1210
Sides												
Bacon Strips (4)		4 sl	140	1	0	9	11	71	4	0	30	467
Turkey Bacon (4)		4 sl	150	1	0	17	8	48	2	0	65	650
Sausage Links (4)		3 oz	370	4	3	9	34	83	13	0	70	660
Chicken Sausage Patty (2)		3 oz	220	1	0	15	18	78	6	0	90	530
Grilled Honey Ham Slice		3 oz	120	8	0	14	5	37	4	1	45	710
Eggs* (each) 2 oz = 1 egg		2 oz	120	0	0	6	11	82	3	0	210	125
Eggs, white		4 oz	50	1	0	11	0.5	9	0	0	0	180
Hash Browns		1 Serv	210	26	2	2	12	51	2.5	0	0	650
Cheddar Cheese Hash Browns		5 oz	300	26	2	8	19	57	7	0	20	780
Everything Hash Browns w/Onions, Cheese, Gravy		8	340	33	2	8	21	56	8	0	20	1010
Red Skinned Potatoes		4 oz	210	27	3	4	7	30	2	0	0	630
Pancake Puppies (6)		6 pcs	370	68	3	8	8	19	4	0	0	980
Bagels and Cream Cheese		6 oz	428	48	2	11	12	25	7	0	35	560
Toast w/ margarine		2 sl	270	31	1	5	13	43	3	0	0	110
Buttermilk Biscuit		1 pc	190	24	1	3	9	43	5	0	0	570
English Muffin/no margarine		1 pc	130	25	1	4	1	7	0	0	0	250
Grits w/ margarine		12 oz	220	44	3	5	3	12	1	0	0	15
Oatmeal w/ 8oz milk		16 oz	290	39	4	12	8	25	4	0	20	300
Granola 4 oz w/ milk		1 serv	550	103	7	17	10	16	3	0	20	350
Seasonal Fruit		4 oz	70	18	3	1	0	0	0	0	0	7
Yogurt Low Fat		6 oz	160	30	0	6	1.5	8	1	0	5	100
Banana		1 ea	110	29	4	1	0	0	0	0	0	0
Grapes		3 oz	55	29	4	1	0	0	0	0	0	0

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Appetizers												
Sampler		17 oz	1380	139	6	53	71	46	6	0	80	3710
Half size/mini sampler (add sauce)		11 oz	870	83	3	42	42	43	5	0	75	2420
The Big Dipper w/ salsa (add sauce)		10 pcs	1230	145	14	50	50	36	23	0	85	1640
Basket of Puppies w/o syrup		10 pcs	520	94	3	11	11	19	2	0	0	1640
Chicken Strips w/ Buffalo Sauce (add dipping sauce)		13 oz	720	52	0	57	32	40	0	0	115	2780
Sweet and Tangy BBQ Chicken Strips (add dipping sauce)		13 oz	820	83	2	58	30	33	0	0	115	2160
Zesty Nachos		22 oz	1340	140	12	62	61	41	29	0	210	2800
Half size Zesty Nachos		10 oz	570	67	5	23	24	38	12	0	75	101
Mozzarella Cheese Sticks (add marinara sauce)		8 oz	560	58	2	38	20	32	17	0	185	2480
Chicken Wings w/ Buffalo Sauce (add dipping sauce)		8 oz	330	3	1	34	20	54	5	0	185	1860
Sweet and Tangy BBQ Chicken Wings		8 oz	450	40	1	35	18	36	5	0	185	1400
Smothered Cheese Fries		10 oz	860	75	7	21	53	55	17	0.5	65	990
Three-Dip & Chips		12 oz	560	72	7	19	25	40	11	0	70	1430
Tsing Tsing Chicken		14 oz	900	114	4	52	26	26	5	0	130	2760
Cheese Quesadilla		8 oz	690	48	6	25	42	55	21	0.5	75	1300
BYO Grand Slams												
Bacon Strips		2 sl	70	1	0	5	5	64	2	0	15	230
Buttermilk Biscuit		1 pc	190	24	1	3	9	43	5	0	0	570
Chicken Sausage Patty (1 patty)		1.5 oz	110	0	0	7	9	74	3	0	45	260
Eggs Whites (2)		4 oz	50	1	0	11	0	0	0	0	0	180
Eggs Scrambled (2)		4 oz	260	1	0	14	21	73	6	0	480	400
English Muffin / no margarine		1 pc	130	25	1	4	1	62	0	0	0	250
Grits w/ margarine		12 oz	220	44	3	5	3	12	1	0	0	15
Hash Browns		1 serv	210	26	2	2	12	51	2.5	0	0	650
Pancakes, Hearty Wheat		2/serv	310	64	8	10	1.5	4	0	0	15	950
Oatmeal w/ 8oz milk		16 oz	290	39	4	14	8	25	4	0	20	300
Buttermilk Pancake		2/serv	330	67	2	8	4	11	0.5	0	0	1170
Sausage Links		2 links	180	2	1	5	17	85	6	0	35	330
Toast Slice w/ margarine		2 sl	270	31	1	5	13	43	2	0	0	110
Turkey Bacon Strips		2 sl	70	1	1	9	4	51	1	0	30	330
Granola 4 oz w/ 8 oz milk		1 Serv	550	103	7	17	10	16	3	1	20	350
Yogurt Low Fat		6 oz	160	30	0	6	1.5	8	1	0	5	100
Seasonal Fruit		4 oz	70	18	3	1	0	0	0	0	0	7
The Grand Slamwiches* w/ hash Browns		16 oz	1310	71	3	51	89	61	42	0	540	2900
Slams												
All American Slam* (add choices)		10 oz	800	5	1	40	68	76	25	0	775	1410
French Toast Slam		15 oz	940	66	3	42	55	53	17	0	850	1780
Belgian Waffle Slam * w/ margarine no syrup		13 oz	1030	50	2	30	77	8	27	0	715	1765

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Lumberjack Slam (add choices)		15 oz	940	80	4	46	47	45	17	1	555	2900
Every Day Value Slam* w/Sausage		13 oz	760	70	3	25	42	50	12	0	460	1750
Every Day Value Slam* w/Bacon		12 oz	650	69	2	25	30	41	8	0	440	1660
Grand Slam Slugger (add choice, bread & drink)		13 oz	780	71	3	29	42	48	13	0	475	1930
Omelettes												
Moon Over My Hammy Omelette w/ Hash Browns (add choices)		10 oz	770	31	2	42	53	62	18	0	790	2590
Veggie-Cheese Omelette (add choices)		13 oz	460	9	2	28	33	64	12	0	740	680
Western Omelette w/ Hash Browns (add choices)		16 oz	700	32	2	38	46	59	13	0	770	2180
Ultimate Omelette (add choices)		12 oz	620	8	2	36	48	70	11	0	740	1170
Southern Omelette w/ Hash Browns (add bread)		18 oz	1070	47	4	38	80	67	30	0	795	2500
Sweets												
Banana Foster French Toast Skillet* (add meat)		15 oz	860	107	3	32	33	34	9	0	720	1270
Chocolate Chip Pancake Platter* (add meat)		13 oz	640	87	4	24	22	31	9	0	480	1480
Better Burgers												
Classic Burger & Fries		19 oz	1190	101	8	56	62	47	21	0	110	1190
Western Burger* (add Choice of side)		17 oz	1120	73	6	51	61	49	24	0	130	1580
Veggie Burger w/ dressing (add choice)		11 oz	520	75	9	29	12	21	5	0	20	1250
Fit Fare Veggie Burger* (add fruit/veggie choice)		10 oz	460	65	8	29	10	20	5	0	20	1040
Mushroom Swiss Burger (add choice of side)		18 oz	880	56	4	50	49	50	22	0	130	1800
Bacon Cheddar Burger 8 (add choices)		15 oz	900	50	3	60	50	50	22	0	160	1850
Bacon Slamburger w/ Fries		15 oz	1030	61	2	57	59	52	24	0	350	1780
Double Cheeseburger* (add choices)		23 oz	1420	53	4	87	87	55	41	0	260	2720
Sandwiches												
Prime Rib Philly Melt* (add choices)		13 oz	670	52	3	35	36	48	11	0	75	1710
The Super Bird (add choices)		11 oz	620	52	4	35	31	45	10	0	65	2170
Club Sandwich * (add choices)		10 oz	550	30	3	24	32	52	5	0	50	1530
Patty Melt * (add choices)		13 oz	1040	41	4	50	73	63	29	0	160	2180
Spicy Buffalo Chicken Melt* (add choices)		15 oz	860	76	3	32	48	50	12	0	70	3760
Chicken Ranch Melt* (add choices)		12 oz	790	74	3	36	38	43	11	0	85	2640
Smoked Chicken Melt* (add choices)		12 oz	840	72	3	38	45	48	14	0	105	1820

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Bacon, Lettuce & Tomato* (add choices)		7 oz	520	35	2	15	35	61	8	0	35	620
Hickory Grilled Chicken Sandwich * (add choices)		15 oz	1020	72	4	50	60	53	14	0	115	1530
Fried Cheese Mlt w/ Marinara Sauce (add choices)		12 oz	830	82	3	36	40	43	17	0	75	2920
Buffalo Chicken Wrap		14 oz	830	108	8	40	28	30	7	0	65	2280
Pulled BBQ Chicken Sandwich w/ coleslaw (add fries)		14 oz	670	96	4	21	23	31	24	0	60	1680
Soups, Salads, and Sides												
Chicken Deluxe Salad Chicken Strip* (add choices)		18 oz	590	43	4	42	29	44	5	0	90	1180
Chicken Deluxe Salad-Grilled Chicken * (add choices)		17 oz	340	13	4	44	13	34	6	0	110	530
Fit-Fare Grilled Chicken Breast Salad w/ Lemon oe Lime wedge		16 oz	340	13	4	44	13	34	6	0	110	530
Cranberry Apple Salad (w/chicken) no/dressing		11 oz	320	22	3	36	10	28	2	0	90	400
Half size Cranberry Apple /no dressing		8 oz	220	5	1	36	6	24	2	0	90	360
Nacho Salad		20 oz	850	48	9	48	52	55	27	1	165	2140
Chicken Noodle Soup		12 oz	140	35	2	12	4	26	2	0	110	1150
Broccoli & Cheddar Soup		12 oz	370	48	7	9	16	39	10	0	40	1650
Vegetable Beef Soup		12 oz	140	17	3	7	5	32	0	0	10	1290
Clam Chowder		12 oz	270	24	1	5	17	57	12	0	35	1840
Loaded Baked Potatoe Soup		12 oz	310	22	2	5	23	67	11	0	45	1520
Seasoned Fries		5 oz	510	48	5	6	33	58	6	0	0	1010
French Fries, salted		5 oz	430	50	5	5	23	48	5	0	0	95
Hash Browns		1 serv	210	26	2	2	12	51	2.5	0	0	650
Onion Rings		5 oz	620	48	3	6	36	52	2	0	0	980
Garden Salad w/o dressing		7 oz	120	7	2	7	7	52	6	0	20	150
Dippable Veggies w/ ranch dressing		4 oz	210	5	1	1	20	86	4	0	10	350
Garlic Dinner Bread		2 pc	170	21	1	4	9	48	2	0	0	350
American Dinner Classics												
Mushroom Swiss Chopped Steak* (add choices)		13 oz	900	13	1	54	66	66	28	1	165	1890
Chicken Strips (add choices)		8 oz	560	41	0	45	24	38	0	0	90	1300
Sweet & Tangy BBQ Chicken		20 oz	760	105	3	79	19	22	6	0	195	1820
Fit-Fare Sweet & Tangy BBQ Chicken w/ vegetables & Tomatoes		13 oz	640	56	2	75	14	19	4	0	180	1430
Homestyle Meatloaf w/ gravy		7 oz	600	14	0	33	46	69	17	3	200	1880
Country- Fried Steak w/ gravy		13 oz	990	54	6	52	65	59	23	0	75	2580
Spicy Cowboy Chopped Steak (add sides, bread & drink)		15 oz	1050	57	3	55	63	54	27	0	170	1700
Prime Rib & Chicken Sizzlin' Skillet		15 oz	740	66	8	33	37	45	14	0	80	1990

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Bacon Chipotle Chicken Skillet* (add sides, bread & drink)		7 oz	360	4	0	47	18	45	7	0	125	800
Steaks & Seafood												
T-bone Steak* (add choices)		12 oz	640	6	0	59	42	59	14	1	135	1250
T-Bone Steak & Shrimp Skewer		12 oz	730	6	0	73	46	57	15	1	270	1410
T-Bone Steak & Breaded Shrimp		13 oz	830	25	2	68	50	54	15	1	204	2000
Haddock Fillet (add dinner bread choice)		20 oz	1330	116	8	36	81	55	14	1	130	2100
Lemon Pepper Tilapia* (add choice)		13 oz	640	39	2	55	27	38	14	0	160	1190
Fit-Fare Grilled Talapia		17 oz	600	66	3	58	11	16	3	0	110	1560
Talapia Ranchero* (add bread choice)		19 oz	450	56	4	54	15	30	5	0	120	1020
Fried Shrimp Platter* w/ fries (add dinner bread & drink)		18 oz	1050	109	13	27	59	51	11	0	150	2410
Dinner Sides												
Coleslaw		5 oz	260	15	3	2	22	26	4	0	35	520
Corn		4 oz	130	26	1	4	3	21	0	0	0	250
Cottage Cheese		3 oz	70	5	0	9	2	26	1	0	1	300
Dippable Veggies / no dressing		2.5 oz	30	5	1	0	0	0	0	0	0	70
Fiesta Corn		4 oz	100	21	3	3	0	0	0	0	0	45
French Fries salted		5 oz	430	50	5	5	23	48	5	0	0	95
Green Beans (canned)		4 oz	45	7	3	2	1	20	0	0	0	480
Green Beans (frozen)		3 oz	25	4	2	1	0	0	0	0	0	10
Spinach Sauteed		2 oz	70	5	2	1	6	77	1	0	0	125
Spinach w/ Pico de Gallo & Bacon		3 oz	110	6	2	3	8	65	2	0	5	260
Hash Browns		1 serv	210	26	2	2	12	51	3	0	0	650
Mashed Potatoes		5 oz	170	76	1	2	7	37	1	0	20	510
Smoked Cheddar Mashed Potatoes		4 oz	120	49	1	4	5	37	3	0	10	390
Red Skinned Potatoes		4 oz	210	27	3	4	7	30	2	0	0	630
Onion Rings		5 oz	520	48	3	6	36	62	2	0	0	980
Tomato Slices (3 slices)		2 sl	10	2	1	1	0	0	0	0	0	3
Vegetable Rice Pilaf		5 oz	190	35	2	4	3	14	0	0	0	490
Breaded Shrimp (6 count)		6 pcs	190	20	2	9	8	38	2	0	70	750
Grilled Shrimp Skewer (1)		1 sk	90	1	0	14	4	40	1	0	135	160
Garlic Dinner Bread		2 pc	170	21	1	4	9	48	2	0	0	350
Desserts												
Apple Pie		7 oz	480	67	3	4	22	41	9	0	0	580
Coconut Cream Pie		7 oz	630	65	1	6	39	56	24	0	0	370
Cookies & Cream Pie		7 oz	630	67	3	5	39	56	29	0	5	510
French Silk Pie		5 oz	770	59	2	6	57	67	30	1.5	105	400
Key Lime Pie		7 oz	560	87	0	9	20	32	8	3.5	25	320
Lemon Maringue Pie		7 oz	500	82	1	2	19	34	11	0	0	380
Pecan Pie		7 oz	730	98	2	7	36	44	12	0	110	740
Chocolate Peanut Butter Silk Pie		6 oz	680	59	4	8	47	62	24	0	70	400

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Pumpkin Pie		7 oz	500	77	3	8	18	32	8	0	80	570
Apple Crisp a la mode		13 oz	740	134	5	7	21	26	9	0	35	570
New York Style Cheesecake		7 oz	640	58	0	9	41	58	26	0	195	350
Carrot Cake		8 oz	820	100	2	9	45	49	16	0	125	660
Hershey's Chocolate Cake		5 oz	580	75	2	6	28	43	15	0	40	400
Hot Fudge Brownie a la mode		9 oz	830	122	4	9	37	40	17	0	65	520
Double Scoop/ Sundae		5 oz	280-370	38-50	1	5	12-18	44	7-12	0	50	80-135
Single Scoop/Sundae (delicious dip)		4 oz	300	36	1	4	16	48	11	0	40	90
Milk Shake (Van/Choc/Strawb)		12 oz	560	76	1	11	26	42	16	0	100	272
Floats (Root Beer or Cola)		16 oz	430	69	0	6	17	36	9	0	65	120
Oreo Sundae		9 oz	760	103	3	9	37	44	21	0	60	470
Oreo Blender Blaster		14 oz	890	113	3	15	44	44	20	0	105	580
Chocolate Topping		2 oz	133	34	1	2	0.5	3	0	0	0	109
Cherry Topping		2 oz	57	14	0	0	0	0	0	0	0	3
Fudge Topping		2 oz	210	30	1	1	10	43	7	0	3	96
Strawberry Topping		2 oz	77	17	1	1	1	11	0	0	0	8
Seniors For 55 & older												
Seniors Scrambled eggs & Cheddar		13 oz	870	72	4	35	48	50	18	0	525	2200
Seniors French Toast Slam w/ Egg* (add choices)		5 oz	300	29	1	13	14	42	4	0	280	550
Senior Belgian Waffle Slam w/ Egg* (add choices)		8 oz	450	29	0	15	31	62	16	0	455	640
Senior Omelette (add choices)		9 oz	470	7	1	26	37	71	15	0	510	820
Senior Starter (add choices)		3 oz	210	1	1	9	19	81	6	0	230	290
Senior Bacon Cheddar Mini Burgers* (add choices)		11 oz	720	46	2	41	39	49	19	0	115	1270
Senior Club Sandwich (add choices)		10 oz	570	37	4	29	34	48	7	0	60	1340
Senior Grilled Cheese Delux Sandwich (add choice)		7 oz	520	49	2	16	28	48	11	0	40	1430
Senior Grilled Shrimp Skewer* (add choices)		8 oz	280	36	2	18	6	19	2	0	135	650
Senior Homestyle Meatloaf* (add choices)		4 oz	290	5	0	16	23	71	9	1	100	760
Senior Lemon Pepper Grilled Talapia* (add choices)		9 oz	450	5	1	51	24	48	14	0	160	700
Senior Grilled Chicken* (add choices)		5 oz	200	0	0	36	6	27	2	0	90	360
Senior Country-Fried Steak* (add choices)		8 oz	520	30	3	26	34	59	12	3	40	1460
Kid's Meal - Entrees												
Jr. Grand Slam		5 oz	380	39	2	15	19	45	6	0	235	1000
Slam Dribblers		6 oz	410	74	2	9	11	24	3	0	10	750
Softball Pancake w/meat		4 oz	250	30	1	7	11	40	4	0	20	730
Chocolate Chip-In Pancakes		7 oz	450	61	3	11	18	36	7	0	25	1160

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans (mg)	Cholesterol (mg)	Sodium (mg)
Spaghetti Set-Go (add sides)		6 oz	260	40	3	7	7	24	2	0	0	470
Slap Shot Slider (one) (add side)		4 oz	310	22	1	20	15	43	6	1	60	470
Slap Shot Slider (two) (add side)		8 oz	620	43	1	41	30	43	12	2	125	930
Track & Cheese (add side)		7 oz	340	48	2	12	11	29	3	0	25	830
Tripple Play Nuggets w/ BBQ sauce (add side)		4 oz	290	33	0	14	11	34	3	0	50	830
Cheesy the Plate (add side)		4 oz	380	32	1	15	21	50	13	0	55	670
Pit Stop Pizza (add side)		8 oz	590	70	5	23	26	40	6	0	35	890
Kid's Meal - Sides												
Tumbling Vanilla Yogurt		6 oz	160	30	0	6	1.5	8	1	0	5	100
Apple Dunkers w/ caramel sauce		3 oz	130	30	2	0	0	0	0	0	0	55
High Diving Veggies w/ dip		4 oz	210	5	1	1	20	86	4	0	10	350
Game on Grapes		3 oz	55	29	4	1	0	0	0	0	0	0
Fishing Goldfish Crackers		2 oz	260	38	0	7	10	35	2	0	10	490
Home Plate mashed Potatoes w/ brown gravy		5 oz	140	52	1	2	6	38	1	0	15	650
Finish Line Fries		5 oz	430	50	5	5	23	48	5	0	0	95
Kid's Meal - Dessert												
Sundae Sundae Sundae!		4 oz	300	36	1	4	16	48	11	0	40	90
Soccer Shake- Vanilla/Chocolate/Strawberry		11 oz	400-580	54-63	1	10	17-31	48	17-31	0	50-140	120-170
Kids' OREO Blender Blaster		12 oz	680	88	3	12	33	44	17	0	90	450
Condiments												
Balsamic Vinaigrette, Low Fat		1 oz	35	7	0	0	1	26	0	0	0	140
Bleu Cheese Dressing		1 oz	110	1	0	1	11	90	3	0	20	220
French Dressing		1 oz	74	8	0	0	5	61	0	0	7	248
Ranch Dressing		1 oz	130	0	0	0	14	97	3	0	5	220
Thousand Island Dressing		1 oz	107	5	0	0	10	84	0	2	14	275
Caesar Dressing		1 oz	100	0	0	1	10	90	0	2	5	300
Honey Mustard Dressing		1 oz	160	5	0	0	15	84	0	3	10	140
Fat Free Ranch Dressing		1 oz	25	5	1	0	0	0	0	0	0	230
Fat Free Italian Dressing		1 oz	9	3	0	0	0	0	0	0	0	367
Pico de Gallo		3 oz	21	5	1	1	0	0	0	0	0	125
Croutons (for salad)		0.25 oz	90	15	0	3	3	30	0	0	0	240
Sour Cream		1.5 oz	91	2	0	1	9	89	0	6	19	23
BBQ Sweet & Spicy		1.5 oz	110	30	1	0	0	0	0	0	0	470
Maple-Flavored Syrup (3 Tbsp)		1.5 oz	143	36	0	0	0	0	0	0	0	26
Sugar- Free Maple Syrup		1.5 oz	23	9	0	0	0	0	0	0	0	71
Whipped Margarine		1 tbsp	50	0	0	0	6	10	2	0	0	40
Cherry Topping		3 oz	86	21	0	0	0	0	0	0	0	7

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Bagel Twists												
Tomato Basil Bagel Twist	1 Bagel Twist	N/A	360	55	4	15	9	23	4.5	0	20	760
Chocolate Chip Bagel Twist	1 Bagel Twist	N/A	340	66	4	10	4	11	1.5	0	0	530
Cheddar Cheese Bagel Twist	1 Bagel Twist	N/A	400	63	5	17	9	20	4.5	0	20	800
French Toast Bagel Twist	1 Bagel Twist	N/A	330	66	4	10	2.5	7	0	0	0	540
Bagels												
Blueberry	1 bagel	NA	330	65	5	11	3	8	1	0	0	620
Cinnamon Raisin	1 bagel	NA	330	65	5	11	3.5	10	0.5	0	0	450
Everything	1 bagel	NA	350	66	5	13	4.5	12	0.5	0	0	660
Multigrain	1 bagel	NA	390	65	9	14	8	18	0.5	0	0	560
Onion	1 bagel	NA	310	63	3	11	2	6	0	0	0	380
Plain	1 bagel	NA	320	63	5	11	2.5	7	0.5	0	0	660
Poppyseed	1 bagel	NA	350	64	5	13	6	15	0.5	0	0	660
Salt	1 bagel	NA	320	63	5	11	2.5	7	0.5	0	0	3420
Sesame	1 bagel	NA	360	63	5	13	6	15	0.5	0	0	660
Garlic	1 bagel	NA	340	68	6	12	2.5	7	0.5	0	0	660
Wheat	1 bagel	NA	320	61	5	12	3.5	10	0	0	0	550
Cream Cheese												
Plain Cream Cheese	1 unit(50g)	NA	150	3	0	3	15	90	9	0.5	40	250
Muffins												
Gingerbread	1 muffin	NA	530	82	2	9	19	32	3.5	0	75	660
Pumpkin	1 muffin	NA	660	83	3	7	26	35	6	0	55	520
Blueberry	1 muffin	NA	480	81	2	6	15	28	1.5	0	15	470
Blueberry, Reduced Fat 25% Less Fat than our regular Blueberry Muffin	1 muffin	NA	430	80	2	6	9	19	1	0	15	650
Chocolate Chip	1 muffin	NA	590	92	3	7	22	34	6	0	20	490
Coffee Cake Muffin	1 muffin	NA	630	95	1	7	25	36	7	0	15	510
Corn	1 muffin	NA	490	80	1	6	16	29	1.5	0	20	820
English Muffin	1 muffin	2.5 oz	160	31	1	5	2	11	0	0	0	350
Honey Bran Raisin	1 muffin	NA	480	82	5	6	13	24	1.5	0	15	430
Danish												
Apple Cheese	1 Danish	NA	330	41	1	4	16	43	7	0	0	270
Cheese	1 Danish	NA	330	39	1	5	17	46	8	0	5	270
Strawberry Cheese	1 Danish	NA	320	40	1	4	16	45	7	0	0	260
Munchkins												
Cinnamon Cake Munchkin	1 Munchkin	N/A	60	6	0	1	3.5	53	1.5	0	5	65
Glazed Cake Munchkin	1 Munchkin	N/A	70	8	0	1	3.5	45	1.5	0	5	65
Plain Cake Munchkin	1 Munchkin	N/A	60	6	0	1	3.5	53	1.5	0	5	65
Powdered Cake Munchkin	1 Munchkin	N/A	60	7	0	1	3.5	53	1.5	0	5	65
Glazed Chocolate Cake Munchkin	1 Munchkin	N/A	70	8	0	1	3.5	45	1.5	0	0	85
Glazed Munchkin	1 Munchkin	N/A	70	7	0	1	4	51	2	0	0	80
Jelly Filled Munchkin	1 Munchkin	N/A	80	9	0	1	4	45	2	0	0	85
Sugared Munchkin	1 Munchkin	N/A	60	6	0	1	3.5	53	1.5	0	5	65
Donuts												
Apple Crumb	1 Donut	NA	490	80	2	4	18	33	9	0	0	350

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Apple N' Spice	1 Donut	NA	270	32	1	3	14	47	6	0	0	350
Bavarian Kreme	1 Donut	NA	270	31	1	4	15	50	7	0	0	350
Blueberry Cake	1 each	NA	340	44	1	4	17	45	8	0	30	570
Blueberry Crumb	1 each	NA	500	84	2	4	18	32	9	0	0	350
Boston Kreme	1 each	NA	310	39	1	3	16	46	7	0	0	370
Chocolate Coconut Cake	1 each	NA	550	47	2	5	39	64	25	0	0	390
Chocolate Frosted Cake	1 each	NA	370	45	1	4	23	56	10	0	25	320
Chocolate Frosted	1 each	NA	270	31	1	3	15	50	7	0	0	340
Chocolate Glazed Cake	1 each	NA	370	35	1	3	24	58	11	0	0	390
Chocolate Kreme Filled	1 each	NA	370	42	1	4	21	51	10	0	0	370
Cinnamon Cake	1 each	NA	340	38	1	3	22	58	10	0	25	300
Double Chocolate Cake	1 each	NA	380	36	2	4	25	59	11	0	0	410
Glazed Cake Donut	1 each	NA	360	44	1	3	22	55	10	0	25	300
Glazed Donut	1 Donut	NA	260	31	1	3	14	48	6	0	0	330
Jelly Filled	1 each	NA	290	36	1	3	14	43	7	0	0	340
Maple Frosted	1 each	NA	270	32	1	3	15	50	7	0	0	340
Marble Frosted Donut	1 Donut	N/A	270	340	32	3	15	50	7	0	0	340
Old Fashioned Cake	1 each	NA	320	33	1	3	22	62	10	0	25	300
Monkey See Monkey Donut	1 Donut	N/A	340	43	2	5	17	45	8	0	0	360
Pina Colada Donut	1 Donut	N/A	330	42	1	4	17	46	9	0	0	380
Pina Boom Donut	1 Donut	N/A	270	32	1	4	15	50	7	0	0	350
Guayaba Burst Donut	1 Donut	N/A	300	38	1	4	15	45	7	0	0	330
Dulce de Chocolate Donut	1 Donut	N/A	350	45	1	4	17	44	7	0	5	360
Dulce de Leche Donut	1 Donut	N/A	290	31	1	4	16	50	7	0	0	340
Gingerbread Donut	1 Donut	N/A	310	42	1	4	14	41	6	0	25	360
Powdered Cake Donut	1 Donut	N/A	340	38	1	4	22	58	10	0	25	300
Pumpkin Donut	1 Donut	N/A	340	38	1	3	19	50	9	0	25	260
Strawberry Frosted Donut	1 Donut	N/A	280	32	1	3	15	48	7	0	0	340
Sugar Raised Donut	1 Donut	N/A	230	22	1	3	14	55	6	0	0	330
Vannila Kreme Filled Donut	1 Donut	N/A	380	42	1	4	23	54	10	0	0	370
French Cruller	1 Donut	N/A	250	18	0	2	20	72	9	0	35	105
Sprinkle the Cheer Donut	1 Donut	N/A	290	35	1	3	15	47	7	0	0	330
Fancies												
Biscuit	1 Biscuit	NA	280	32	1	3	14	45	8	0	0	620
Apple Fritter	1 Fritter	N/A	410	60	2	6	17	37	7	0	0	380
Chocolate Iced Bismark	1 Bismark	N/A	390	52	2	5	19	44	8	0	0	360
Bow Tie Donut	1 Donut	N/A	310	39	1	4	15	44	7	0	0	400
Eclair Donut	1 Eclair	N/A	390	52	2	5	19	44	8	0	0	360
Glazed Fritter	1 Fritter	N/A	410	60	2	6	17	37	7	0	0	380
Maple Frosted Coffee Roll	1 Coffee Roll	N/A	410	54	3	7	19	42	8	0	0	410
Vannila Frosted Coffee Roll	1 Coffee Roll	N/A	410	54	3	7	19	42	8	0	0	410
Coffee Roll	1 Coffee Roll	N/A	400	53	3	7	18	41	7	0	0	400
Chocolate Frosted Coffee Roll	1 Coffee Roll	N/A	410	53	3	7	19	42	8	0	0	420
Croissant, Plain	1 Croissant	N/A	310	35	1	7	16	46	7	0	0	350
Brownies	1 Brownie	N/A	440	58	1	3	23	47	5	0	55	250

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Sticks												
Plain Cake	1 stick	NA	330	36	1	4	18	49	8	0	35	420
Jelly	1 stick	NA	420	60	1	4	18	39	8	0	35	440
Powdered Cake	1 stick	NA	360	43	2	5	18	45	8	0	35	420
Cinnamon Cake	1 stick	NA	350	44	2	4	18	46	8	0	35	420
Glazed Chocolate Cake	1 stick	NA	390	40	2	3	25	58	11	0	0	540
Glazed Cake	1 stick	NA	370	48	1	4	18	44	8	0	35	420
Other Oven Toasted Items												
Sausage Pancake Bites	3 Pancake Bites	N/A	300	23	1	7	20	60	7	0	20	550
Hash Brown	9 Pieces	N/A	20	22	3	2	11	49	1.5	0	0	730
Oven Toasted Breakfast Sandwiches												
Maple Cheddar	1 Sandwich	N/A	720	42	2	26	49	61	20	0.5	240	1140
Bacon, Egg & Cheese on Croissant	1 Sandwich	N/A	530	38	2	20	33	56	13	0.5	205	1030
Bacon, Egg & Cheese on Biscuit	1 Sandwich	N/A	490	35	1	18	30	55	14	0.5	205	1300
Bacon, Egg & Cheese on English Muffin	1 Sandwich	N/A	370	34	1	18	18	44	6	0	205	1030
Bacon, Egg White & Cheese on English Muffin	1 Sandwich	N/A	300	33	1	19	10	30	4.5	0	15	1040
Bacon, Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	290	32	2	20	10	31	4.5	0	15	1050
Egg & Cheese on Bagel	1 Sandwich	N/A	480	66	5	20	15	28	5	0	200	1130
Egg & Cheese on Biscuit	1 Sandwich	N/A	440	35	1	14	27	55	13	0.5	200	1090
Egg & Cheese on Croissant	1 Sandwich	N/A	480	38	2	16	29	54	12	0.5	200	820
Egg & Cheese on English Muffin	1 Sandwich	N/A	320	34	1	14	15	42	5	0	200	820
Egg White & Cheese on English Muffin	1 Sandwich	N/A	250	33	1	15	7	25	3	0	10	830
Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	250	32	2	15	7	25	3	0	10	840
Sausage, Egg & Cheese on Croissant	1 Sandwich	N/A	680	39	2	24	46	61	18	0.5	250	1280
Bacon, Egg & Cheese on Bagel	1 Sandwich	N/A	530	66	5	24	19	32	7	0	205	1340
Ham, Egg & Cheese on English Muffin	1 Sandwich	N/A	360	34	1	20	16	40	6	0	215	1080
Ham, Egg White & Cheese on English Muffin	1 Sandwich	N/A	280	33	1	21	8	26	3.5	0	25	1090
Ham, Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	280	32	2	21	8	26	3.5	0	25	1110
Sausage, Egg & Cheese on Bagel	1 Sandwich	N/A	680	67	5	29	32	42	12	0	250	1590
Sausage, Egg & Cheese on English Muffin	1 Sandwich	N/A	520	34	1	23	31	54	12	0	250	1280
Sausage, Egg White & Cheese on English Muffin	1 Sandwich	N/A	450	34	1	24	23	46	9	0	60	1290
Sausage, Egg White & Cheese on Wheat English Muffin	1 Sandwich	N/A	450	33	2	24	23	46	9	0	60	1310

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Sausage, Egg & Cheese on Biscuit	1 Sandwich	N/A	640	36	1	22	44	62	19	0.5	250	1550
Ham, Egg & Cheese on Bagel	1 Sandwich	N/A	510	66	5	26	16	28	6	0	215	1390
Ham, Egg & Cheese on Croissant	1 Sandwich	N/A	510	38	2	21	31	55	12	0.5	215	1080
Ham, Egg & Cheese on Biscuit	1 Sandwich	N/A	480	35	1	19	28	53	14	0.5	215	1350
Sausage Biscuit	1 Sandwich	N/A	450	33	1	12	28	56	14	0	45	1020
Chicken Biscuit	1 Sandwich	N/A	500	48	2	20	25	45	10	0	35	1260
Oven Toasted Flats, Sandwiches & Wraps												
Egg White Veggie Flat Bread	1 Sandwich	N/A	330	35	4	20	12	33	5	0	25	820
Egg White Turkey Sausage Flat Bread	1 Sandwich	N/A	290	34	3	21	8	25	3	0	20	600
Egg White & Cheese Wake-Up Wrap	1 Wrap	N/A	150	13	1	8	7	42	3	0	10	480
Bacon, Egg White & Cheese Wake-Up-Wrap	1 Wrap	N/A	170	13	1	10	8	42	3.5	0	10	580
Ham, Egg White & Cheese Wake-Up Wrap	1 Wrap	N/A	160	13	1	11	7	39	3.5	0	20	610
Sausage, Egg White & Cheese Wake-Up Wrap	1 Wrap	N/A	250	14	1	12	15	54	6	0	35	710
Egg & Cheese Wake-Up wrap	1 Wrap	N/A	180	14	1	8	11	55	4	0	105	470
Bacon, Egg & Cheese Wake-Up Wrap	1 Wrap	N/A	210	14	1	10	12	51	5	0	105	580
Sausage, Egg & Cheese Wake-Up Wrap	1 Wrap	N/A	280	14	1	12	19	61	7	0	130	700
Ham, Egg & Cheese Wake-Up Wrap	1 Wrap	N/A	200	14	1	11	11	50	4.5	0	115	600
Tuna Salas Sandwich on a Plain Bagel	1 Sandwich	N/A	540	69	5	18	20	33	3	0	30	1070
Ham & Cheese Flatbread	1 Sandwich	N/A	320	34	1	20	11	31	5	0	40	960
Turkey Cheddar & Bacon Flatbread	1 Sandwich	N/A	410	36	1	21	20	44	7	0	50	1110
Grilled Cheese Flatbread	1 Sandwich	N/A	380	35	1	16	18	43	9	0.5	45	850
Cravings Sandwiches												
Pressed Cuban	1 Sandwich	N/A	680	50	2	46	33	44	13	0	120	2000
Chicken Bruschetta	1 each	NA	580	49	2	37	26	40	7	0	80	1200
Chipotle Chicken	1 each	NA	600	50	3	43	25	38	8	0	85	1380
Pastrami Supreme	1 each	NA	750	51	3	48	39	47	16	0	125	2060
Deli Classics Sandwiches												
Tuna (Albacore)	1 Sandwich	N/A	660	56	3	31	19	26	2.5	0	5	1280
Turkey and Cheese	1 each	NA	450	52	3	35	13	26	4.5	0	60	1500
Favorite Sandwiches												
Tuna Melt Sandwich	1 Sandwich	N/A	770	57	3	36	30	35	7	0	70	1560
Chicken Cordon Bleu	1 each	NA	550	51	4	45	19	31	7	0	95	1370
Toasted Italian	1 Sandwich	N/A	560	52	3	33	25	40	9	0	75	2630
Steak and Cheese	1 Sandwich	N/A	470	50	2	31	16	31	6	0	75	2040
Turkey and Bacon Club	1 Sandwich	N/A	440	51	3	35	13	27	3	0	45	1800
Salads												
Caesar		7.3 oz	320	11	3	6	29	82	6	0	30	790

Dunkin' Donuts®

www.dunkindonuts.com
Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Chicken Caesar		10.4 oz	440	11	3	25	33	68	7	0	75	1020
Garden		12.3 oz	180	21	4	8	6	30	3	0	15	500
Soups												
Broccoli Cheddar Soup		8 oz	190	14	2	10	11	52	6	0	35	990
Chicken Noodle		8 oz	130	19	1	7	3	21	1	0	45	970
Cookies												
Reverse Chocolate Chunk	1 Cookie	NA	380	50	2	5	18	43	10	0	40	320
Triple Chocolate Chunk Cookie	1 Cookie	NA	360	53	2	5	15	38	8	0	35	380
Gingerbread	1 Cookie	NA	140	23	0	2	4.5	29	2.5	0	5	125
Oatmeal Raisin	1 Cookie	N/A	320	54	3	5	9	25	4.5	0	30	210
Coolatta												
Vanilla Bean Coolatta Sm		16 fl oz	430	91	0	3	6	13	3.5	0	20	170
Vanilla Bean Coolatta Med		24 fl oz	650	136	0	4	9	12	5	0	30	260
Vanilla Bean Coolatta Lg		32 fl oz	860	181	0	6	12	13	7	0	45	350
Coffee Coolatta with Milk Sm		16 fl oz	240	50	0	4	4	15	2.5	0	15	90
Coffee Coolatta with Milk Med		24 fl oz	360	75	0	6	6	15	3.5	0	25	130
Coffee Coolatta with Milk Lg		32 fl oz	480	100	0	8	8	15	5	0	35	180

**See Dunkin Donuts' Website for other beverages

Jack in the Box®

www.jackinthebox.com
Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
HEALTHY CHOICES												
Chicken Fajita Pita made with Whole Grain (no salsa)		192	320	33	4	24	11	31	5	0	65	870
Chicken Teriyaki Bowl		499	690	133	5	27	6	8	1	0	40	1700
Fruit Cup		116	50	14	1	1	0	0	0	0	0	10
Grilled Chicken Salad		400	240	15	5	28	8	30	3.5	0	70	650
Grilled Chicken Strips with Teriyaki Dipping Sauce		226	300	18	0	45	6	18	1	0	115	1510
Hamburger Deluxe		161	360	33	2	15	19	47	6	1	40	580
Mango Smoothie	16 oz.	411	290	72	0	2	0	0	0	0	0	75
Steak Teriyaki Bowl		499	750	133	5	31	11	13	3	0	45	1750
Strawberry Banana Smoothie	16 oz.	420	290	73	1	2	0	0	0	0	0	70
SALADS												
Bacon Ranch Dressing		57	260	3	0	2	26	90	4	0.5	30	700
Chicken Club Salad with Crispy Chicken Strips		404	510	37	5	32	27	48	8	0	65	700
Chicken Club Salad with Grilled Chicken Strips		405	350	13	4	37	18	46	7	0	95	1210
Creamy Southwest Dressing		57	220	3	0	1	22	90	3.5	0	20	850
Gourmet Seasoned Croutons		28	100	17	1	3	6	54	1	0.5	0	310
Grilled Chicken Salad		400	240	15	5	28	8	30	3.5	0	70	650

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Lite Ranch Dressing		57	150	3	0	1	15	90	2.5	0	20	560
Low Fat Balsamic Vinaigrette		57	35	5	0	0	1.5	39	0	0	0	480
Side Salad		115	20	4	2	1	0	0	0	0	0	10
Southwest Chicken Salad with Crispy Chicken Strips		460	500	53	8	29	23	41	7	0	55	1260
Southwest Chicken Salad with Grilled Chicken Strips		461	340	29	7	34	14	37	6	0	85	1000
Spicy Corn Sticks		28	140	18	1	2	7	45	1	0	0	140
BURGERS & MORE												
Bacon Ultimate Cheeseburger		301	940	45	2	41	66	63	27	3	125	1840
Big Cheeseburger		200	610	44	2	23	38	56	15	1.5	65	1110
Hamburger		110	290	32	1	14	12	37	4.5	1	30	570
Hamburger with Cheese		122	330	32	1	17	15	41	7	1	40	770
Hamburger Deluxe		161	360	33	2	15	19	47	6	1	40	580
Hamburger Deluxe with Cheese		184	440	34	2	19	26	53	10	1	60	990
Jumbo Jack		237	540	45	2	19	32	53	11	1	45	850
Jumbo Jack with Cheese		260	620	45	2	23	39	57	15	1.5	65	1250
Junior Bacon Cheeseburger		127	420	32	1	18	24	51	8	1	50	860
Mini Sirloin Burgers		278	750	77	4	43	30	36	13	1	110	1410
Sirloin Cheeseburger		363	900	52	3	40	60	60	19	1.5	140	1870
Sirloin Cheeseburger with Bacon		374	960	52	3	44	64	60	20	2	150	2220
Sirloin Swiss & Grilled Onion Burger		364	880	52	3	40	59	60	18	1.5	140	1550
Sirloin Swiss & Grilled Onion Burger with Bacon		376	950	52	3	45	63	60	19	2	150	1900
Sourdough Jack		228	680	40	3	27	46	61	17	1.5	70	1220
Sourdough Steak Melt		228	650	38	3	37	38	53	13	0.5	95	1300
Sourdough Ultimate Cheeseburger		280	900	38	3	37	67	67	27	2.5	115	1430
Ultimate Cheeseburger		290	870	44	2	36	61	63	26	2.5	115	1490
CHICKEN & FISH												
Chicken Fajita Pita made with Whole Grain (no Salsa)		192	100	33	4	24	11	99	5	0	65	870
Chicken Fajita Pita made with Whole Grain (with Salsa)		215	100	35	4	24	11	99	5	0	65	990
Chicken Sandwich		151	210	42	2	15	23	99	4	0	35	910
Chicken Sandwich with Bacon		158	230	42	2	19	26	102	5	0	40	1140
Crispy Chicken Strips (4 pc.)		195	220	53	3	33	24	98	3	0	60	1580
Grilled Chicken Strips (4 pc.)		198	50	5	0	43	6	108	1	0	115	1060
Fish and Chips with sm French Fries		229	320	68	4	19	35	98	3	0	35	1390
Fish and Chips with medium French Fries		267	370	85	6	21	41	100	3.5	0	35	1610
Fish and Chips with lg French Fries		315	430	105	7	22	48	100	4.5	0	35	1880
Fish Sandwich		201	160	59	3	18	18	101	2	0	25	1030
Homestyle Ranch Chicken Club		265	300	65	3	36	33	99	7	0.5	75	1940
Jack's Spicy Chicken		254	230	60	3	28	25	98	4	0	55	950

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Jack's Spicy Chicken with Cheese		277	280	62	3	32	31	100	8	0.5	75	1240
Mini Buffalo Ranch												
Chicken Sandwiches		291	250	90	5	32	28	101	4.5	0	45	1950
Sourdough Grilled Chicken Club		263	260	38	3	37	29	100	7	0.5	90	1490
SOMETHING DIFFERENT												
Chicken Fajita Pita made with Whole Grain (no Salsa)		192	320	33	4	24	11	31	5	0	65	870
Chicken Fajita Pita made with Whole Grain (with Salsa)		215	330	35	4	24	11	30	5	0	65	990
Deli Trio Grilled Sandwich		499	690	133	5	27	6	8	1	0	40	1700
Chicken Teriyaki Bowl		271	630	53	5	37	29	41	10	0.5	80	2460
Steak Teriyaki Bowl		499	750	133	5	31	11	13	3	0	45	1750
Turkey, Bacon and Cheddar Grilled Sandwich		247	650	54	5	39	30	42	11	0.5	95	2130
SNACKS & SIDES												
Bacon Cheddar Potato Wedges		260	710	58	5	20	45	57	12	0	45	910
Beef Taco		74	180	17	2	6	10	50	2.5	0	10	270
Egg Roll (1 pc.)		58	150	15	2	5	7	42	1.5	0	5	320
Egg Roll (3 pc.)		174	440	46	7	16	22	45	5	0	20	950
French Fries - Small		93	290	39	3	3	13	40	1	0	0	530
French Fries - Medium		131	410	56	4	5	19	42	1.5	0	0	750
French Fries - Large		179	560	76	6	6	26	42	2.5	0	0	1020
Fruit Cup		116	50	14	1	1	0	0	0	0	0	10
Mozzarella Cheese Sticks (3 pc.)		74	280	22	2	12	16	51	6	0	25	590
Mozzarella Cheese Sticks (6 pc.)		149	560	43	3	24	33	53	11	1	45	1190
Onion Rings		97	450	45	3	6	28	56	2	0	0	620
Pita Snack, Crispy Chicken		158	410	43	3	16	19	42	4	0	30	860
Pita Snack, Fish		155	390	40	3	13	20	46	4	0	30	760
Pita Snack, Grilled Chicken		159	330	31	3	19	14	38	3.5	0	45	730
Pita Snack, Steak		152	350	31	3	19	16	41	4.5	0	45	640
Sampler Trio		261	790	73	7	28	43	49	13	0.5	55	1950
Seasoned Curly Fries - Small		85	280	30	3	3	16	51	1.5	0	0	610
Seasoned Curly Fries - Medium		130	430	46	4	5	25	52	2	0	0	940
Seasoned Curly Fries - Large		177	580	63	5	7	34	53	3	0	0	1280
Stuffed Jalapeños (3 pc.)		71	220	21	1	6	12	49	4.5	0	15	730
Stuffed Jalapeños (7 pc.)		165	510	49	3	14	29	51	10	0.5	40	1690
SHAKES & DESSERTS												
Cheesecake		92	310	32	1	7	17	49	9	0	25	260
Chocolate Overload Cake		93	300	57	2	4	7	21	1.5	0	40	350
Chocolate Shake with Whipped Topping	16 oz.	376	800	101	1	13	38	43	26	1.5	125	300
Chocolate Shake with Whipped Topping	24 oz.	543	1150	146	2	19	55	43	37	2.5	185	440
Mini Churros (5 pc.)		86	350	42	2	4	18	46	3.5	0	5	280
Mini Churros (10 pc.)		172	690	84	4	7	37	48	7	0	10	550

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Oreo Cookie Shake with Whipped Topping	16 oz.	362	810	92	1	13	43	48	27	1.5	125	380
Oreo Cookie Shake with Whipped Topping	24 oz.	521	1170	134	2	19	61	47	38	2.5	185	560
Strawberry Shake w/Whipped Topping	16 oz.	374	780	95	0	12	38	44	26	1.5	125	260
Strawberry Shake w/Whipped Topping	24 oz.	539	1120	138	1	17	54	43	36	2.5	185	380
Vanilla Shake w/Whipped Topping	16 oz.	339	700	76	0	12	38	49	26	1.5	125	250
Vanilla Shake w/Whipped Topping	24 oz.	486	1000	109	1	17	54	49	36	2.5	185	360
BREAKFAST												
Bacon Breakfast Jack		112	300	30	1	16	13	39	5	0	240	760
Bacon, Egg & Cheese Biscuit		138	420	36	2	15	24	51	11	0	240	1040
Breakfast Bowl, Denver		311	790	44	4	26	57	65	16	0.5	460	1350
Breakfast Bowl, Hearty		288	850	41	4	27	65	69	18	0.5	465	1390
Breakfast Jack		124	280	30	1	16	11	35	4.5	0	240	790
Chorizo Sausage Burrito (no Salsa)		297	720	59	6	29	41	51	12	0	440	1380
Chorizo Sausage Burrito (with Salsa)		321	730	61	6	29	41	51	12	0	440	1500
Extreme Sausage Sandwich		210	660	32	2	29	47	64	17	1.5	310	1360
French Toast Sticks (4 pc.)		141	600	68	3	9	33	49	3.5	0	20	530
Hash Brown Sticks (5 pc.)		83	280	26	2	3	19	61	2	0	0	400
Meaty Breakfast Burrito (no Salsa)		233	600	38	4	32	37	55	15	0.5	465	1500
Meaty Breakfast Burrito (with Salsa)		257	610	40	4	33	37	55	15	0.5	465	1620
Sausage Biscuit		128	460	36	2	12	30	59	12	0.5	35	870
Sausage Breakfast Jack		152	440	31	1	20	27	55	9	1	265	870
Sausage Croissant		166	570	32	2	20	40	63	16	1	275	780
Sausage, Egg & Cheese Biscuit		178	570	37	2	19	39	62	16	1	270	1150
Sourdough Breakfast Sandwich		151	410	34	2	20	21	46	8	0	250	1020
Spicy Chicken Biscuit		183	570	54	2	25	29	46	9	0	50	1010
Steak & Egg Burrito (no Salsa)		296	810	55	5	37	50	55	15	1	465	1500
Steak & Egg Burrito (with Salsa)		319	820	57	5	37	50	55	15	1	465	1620
Supreme Croissant		143	440	32	2	18	26	53	11	0.5	255	870
Ultimate Breakfast Sandwich		225	510	41	2	31	24	42	9	0	490	1650
KID'S MEALS												
Breakfast Jack		124	280	30	1	16	11	35	4.5	0	240	790
Chicken Strips, Crispy (2 pc.)		98	280	26	1	17	12	39	1.5	0	30	790
Chicken Strips, Grilled (2 pc.)		99	120	2	0	22	3	22	0.5	0	55	530
Grilled Cheese		56	180	24	2	2	8	40	0.5	0	0	320
French Toast Sticks (2 pc.)		73	300	34	2	4	16	48	1.5	0	10	260
Hamburger		94	330	34	2	11	16	44	6	0	20	800
Hamburger with Cheese		110	290	32	1	14	12	37	4.5	1	30	570
French Fries - Kids		122	330	32	1	17	15	41	7	1	40	770
VALUE MENU												
Big Cheeseburger		200	610	44	2	23	38	56	15	1.5	65	1110
Chicken Sandwich		151	440	42	2	15	23	47	4	0	35	910
Grilled Cheese		94	330	34	2	11	16	44	6	0	20	800
Hamburger Deluxe		161	360	33	2	15	19	47	6	1	40	580

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Hamburger Deluxe with Cheese		184	440	34	2	19	26	53	10	1	60	990
Jumbo Jack		237	540	45	2	19	32	53	11	1	45	850
Jumbo Jack with Cheese		260	620	45	2	23	39	57	15	1.5	65	1250
Junior Bacon Cheeseburger		127	420	32	1	18	24	51	8	1	50	860
Side Salad		123	50	5	2	3	3	54	1.5	0	10	65
Two Tacos		147	360	33	4	11	21	52	5	0.5	20	540
CHEESES												
American Cheese		11	40	0	0	2	3.5	79	2	0	10	200
Swiss Style Cheese		18	70	0	*	5	6	77	3.5	0	20	80
Real Swiss Cheese		11	40	1	*	2	3	67	2	0	10	140
DIPPING SAUCES												
Barbecue Dipping Sauce		28	40	10	0	0	0	0	0	0	0	360
Buttermilk House Dipping Sauce		25	130	3	0	0	13	90	2	0	10	210
Fire Roasted Salsa		21	5	1	0	0	0	0	0	0	0	105
Frank's Red Hot Sauce		28	10	2	0	0	0	0	0	0	0	840
Honey Mustard Dipping Sauce		28	60	11	0	0	2	30	0	0	0	220
Log Cabin Syrup		62	190	49	0	0	0	0	0	0	0	35
Sweet & Sour Dipping Sauce		28	45	11	0	0	0	0	0	0	0	160
Tartar Sauce		43	210	2	0	0	22	94	3.5	0	20	370
Teriyaki Dipping Sauce		28	60	11	0	1	1	15	0	0	0	530
Zesty Marinara Sauce		25	15	4	0	0	0	0	0	0	0	200
SUBSTITUTE SAUCES												
Chipotle Sauce	0.70 oz.	20	110	1	0	0	12	98	2	0	10	230
Creamy Ranch Sauce	0.53 oz.	15	80	1	0	0	9	101	1.5	0	10	160
Frank's Red Hot Sauce	0.52 oz.	15	5	1	0	0	0	0	0	0	0	400
Ketchup	0.57 oz.	16	20	4	0	0	0	0	0	0	0	180
Mayo-onion	0.51 oz.	14	90	1	0	0	10	100	1.5	0	10	90
Mustard	0.23 oz.	7	5	0	0	0	0	0	0	--	0	75
Peppercorn Mayo	1.00 oz.	28	190	1	0	0	20	95	3.5	0	15	250
OTHER												
Ketchup		14	35	9	0	0	0	0	0	0	0	10
Mayonnaise		20	10	2	0	0	0	0	0	0	0	0
Mustard		9	10	2	0	0	0	0	0	0	0	150
Taco Sauce		9	0	0	0	0	0	0	0	0	0	20
Soy Sauce		12	80	0	0	0	9	101	1.5	0	5	40
Malt Vinegar		6	5	1	0	0	0	0	0	0	0	50
Grape Jelly		5	20	0	0	0	2.5	112	0.5	0	0	45
Strawberry Jelly		9	5	1	0	0	0	0	0	0	0	0
Sour Cream		28	60	2	1	1	5	75	3	0	15	25
Pride Margarine Spread		9	5	1	0	1	*	*	*	*	*	480
Red Onion (2 pc.)		14	35	9	0	0	0	0	0	0	0	5
Grilled Onions		9	0	0	0	0	0	0	0	0	0	80

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Chicken												
OR Chicken- Whole Wing		48	140	4	0	12	8	51	2	0	50	390
OR Chicken- Breast		164	320	4	0	42	15	42	3.5	0	110	710
OR Chicken-Breast without skin or breading		116	150	0	0	31	2.5	15	0.5	0	85	430
OR Chicken- Drumstick		53	120	3	0	12	7	53	1.5	0	50	340
OR Chicken- Thigh		94	220	5	0	18	15	61	4	0	80	620
EC Chicken- Whole Wing		56	190	6	0	12	13	62	2.5	0	55	410
EC Chicken- Breast		176	510	16	0	39	33	58	7	0	110	1010
EC Chicken- Drumstick		59	150	5	0	12	10	60	2	0	55	360
EC Chicken- Thigh		110	340	10	0	20	24	64	5	0	80	780
Spicy Crispy- Whole Wing		51	170	6	0	11	12	64	2.5	0	45	470
Spicy Crispy- Breast		178	420	12	1	38	25	54	5	0	110	1250
Spicy Crispy- Drumstick		55	160	5	0	11	10	56	2	0	50	440
Spicy Crispy- Thigh		111	360	13	1	17	27	68	6	0	85	1010
Grilled Chicken- Whole Wing		37	80	1	0	9	5	56	1.5	0	40	250
Grilled Chicken- Breast		123	210	0	0	34	8	34	2.5	0	105	460
Grilled Chicken- Drumstick		42	80	0	0	11	4	49	1	0	55	230
Grilled Chicken- Thigh		71	160	0	0	16	11	62	3	0	85	420
Strips & Filets												
Crispy Strips (3)		172	340	27	3	33	11	29	4	0	70	1280
Crispy Strips (2)		115	230	18	2	22	7	27	2.5	0	50	850
KFC Grilled Filet		102	140	1	0	26	3	19	1	0	70	560
KFC OR Filet		96	170	4	1	23	7	37	1.5	0	55	360
Popcorn Chicken												
Popcorn Chicken-Kids		85	290	16	2	16	19	59	3.5	0	40	850
Popcorn Chicken-Individual		116	400	22	3	21	26	59	4.5	0	60	1160
Popcorn Chicken-Large		160	550	30	3	29	35	57	6	0	80	1600
Wings												
Boneless HBBQ Wings (1)		33	80	7	1	5	3.5	39	0.5	0	10	340
Boneless Fiery Buffalo Wings (1)		34	80	6	1	5	3.5	39	0.5	0	10	390
HBBQ Wings (1)		26	80	5	1	4	5	56	1	0	20	170
Fiery Buffalo Wings (1)		28	80	4	1	4	5	56	1	0	20	230
Hot Wings (1)		22	70	3	0	4	5	64	1	0	20	150
HBBQ Hot Wings (1)		31	90	7	0	4	5	50	1	0	20	260
Fiery Buffalo Hot Wings (1)		29	80	5	1	4	5	56	1	0	20	280
Fiery Grilled Wings (1)		31	70	0	0	8	4	51	1	0	35	210
Sandwiches & Wraps												
KFC Snacker with Crispy Strip		121	290	33	3	15	11	34	2.5	0	30	730
KFC Snacker with Crispy Strip without Sauce		112	240	33	2	15	6	23	1.5	0	25	600
KFC Snacker with Crispy Strip, Buffalo		121	250	35	3	15	6	22	1.5	0	25	770
KFC Snacker, Fish		116	320	31	2	16	14	39	3	0	60	640

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
KFC Snacker, Fish without Sauce		105	290	29	1	16	12	37	2.5	0	55	550
KFC Snacker with Crispy Strip, Ultimate Cheese		121	270	34	2	16	8	27	2.5	0	25	750
KFC Snacker, Honey BBQ		98	210	32	2	13	3	13	1	0	35	470
Honey BBQ Sandwich		161	320	47	3	24	3.5	10	1	0	70	770
Double Crunch Sandwich with Crispy Strip		227	500	51	4	28	20	36	4.5	0	55	1150
Double Crunch Sandwich with Crispy Strip without Sauce		203	390	50	4	28	9	21	3	0	50	1020
Crispy Twister with Crispy Strip		252	560	59	4	29	23	37	6	0	55	1600
Crispy Twister with Crispy Strip without Sauce		229	460	58	4	29	13	25	4.5	0	50	1480
Grilled Twister		239	470	42	2	33	19	36	4.5	0	80	1300
Grilled Twister without Sauce		217	370	41	2	33	8	19	3	0	70	1180
OR Filet Sandwich		196	480	42	3	26	23	43	4	0	60	1160
OR Filet Sandwich without Sauce		172	370	41	3	25	12	29	2	0	50	1030
Toasted Wrap with Crispy Strip		139	350	33	2	17	17	44	6	0	40	900
Toasted Wrap with Crispy Strip without Sauce		125	280	32	2	17	10	32	4.5	0	35	820
Toasted Wrap with Tender Roast Filet		140	310	24	1	21	15	44	5	0	55	700
Toasted Wrap with Tender Roast Filet without Sauce		126	240	23	1	20	8	30	3.5	0	50	630
Toasted Wrap with Grilled Filet		134	310	24	1	20	15	44	5	0	50	760
Toasted Wrap with Grilled Filet without Sauce		120	240	23	1	19	8	30	4	0	45	680
Mini Melt		108	250	31	2	15	7	25	3	0	45	690
Double Down with Grilled Filet		253	480	4	0	60	25	47	9	0	180	1760
Double Down with OR Filet		241	540	11	1	53	32	53	10	0.5	145	1380
Doublicious with Grilled Filet		197	380	35	2	35	11	26	4	0	85	950
Doublicious with OR Filet		185	480	36	2	33	23	43	6	0	80	990
Grilled Filet Sandwich		196	400	33	2	32	16	36	3.5	0	80	850
Grilled Filet Sandwich without Sauce		172	290	32	2	32	4.5	14	1.5	0	70	720
Pot Pie, Bowls, & Value Boxes												
Chicken Pot Pie		369	690	57	3	27	40	52	31	0	95	1760
KFC Famous Bowls - Mashed Potato with Gravy		525	700	77	6	26	32	41	8	1	55	2260
Snack-Size Bowl		232	320	34	3	12	15	42	4.5	0.5	30	990
Popcorn Chicken Value Box		218	660	55	5	25	38	52	7	0.5	60	1900
Hot Wings Value Box		169	470	41	4	16	27	52	6	0	65	1190
Fiery Buffalo Hot Wings Value Box		190	500	46	4	16	27	49	6	0	65	1580

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
HBBQ Hot Wings Value Box		195	520	53	4	16	27	47	6	0	65	1530
Grilled Drumstick Value Box		156	370	36	3	15	18	44	3.5	0	55	1050
OR Drumstick Value Box		166	410	40	3	16	21	46	4	0	55	1170
EC Drumstick Value Box		172	440	41	3	16	24	49	4.5	0	55	1190
Grilled Thigh Value Box		185	450	36	3	20	25	50	6	0	90	1250
OR Thigh Value Box		207	510	41	3	22	29	51	6	0	85	1450
EC Thigh Value Box		223	630	47	3	24	38	54	6	0	80	1600
Salads & More												
Grilled Chicken Caesar Salad without Dressing & Croutons		263	210	5	2	33	7	30	3.5	0	85	740
Crispy Chicken Caesar Salad without Dressing & Croutons		275	300	22	4	28	11	33	5	0	60	1030
Caesar Side Salad without Dressing & Croutons		76	35	2	1	3	2	8	1	0	5	90
Grilled Chicken BLT Salad without Dressing		316	230	7	3	34	8	31	2.5	0	90	920
Crispy Chicken BLT Salad without Dressing		328	320	24	5	30	12	34	4	0	65	1210
House Side Salad without Dressing		87	15	2	1	1	0	0	0	0	0	10
Heinz Buttermilk Ranch Dressing (1)		28	160	1	0	0	17	96	2	0	10	220
Hidden Valley The Original Ranch Fat Free Dressing (1)		43	35	8	0	1	0	0	0	0	0	410
Marzetti Light Italian Dressing (1)		28	10	2	0	0	0.5	45	0	0	0	510
KFC Creamy Parmesan Caesar Dressing (1)		57	260	4	0	2	26	90	5	0	15	540
Parmesan Garlic Croutons Pouch (1)		14	70	8	1	2	3	39	0	0	0	140
Sides (Individual)												
Green Beans		86	20	3	1	1	0	0	0	0	0	290
Mashed Potatoes with Gravy		145	120	19	1	2	4	30	1	0	0	530
Mashed Potatoes without Gravy		102	90	15	1	2	3	30	0.5	0	0	320
Macaroni and Cheese		137	170	19	1	6	8	42	2.5	0	5	730
Potato Wedges		102	260	33	3	4	13	45	2.5	0	0	740
Corn on the Cob (3")		71	77	16	2	2	0.5	6	0	0	0	0
Corn on the Cob (5.5")		146	140	33	4	5	1	6	0	0	0	5
BBQ Baked Beans		130	200	39	9	8	1.5	7	0	0	0	680
Potato Salad		128	200	24	3	2	10	45	2	0	5	540
Cole Slaw		130	180	19	2	1	11	55	1.5	0	0	160
Biscuit		54	180	23	1	4	8	40	6	0	0	530
Sweet Kernel Corn		102	110	23	2	4	0.5	4	0	0	0	0
Macaroni Salad		107	180	20	1	3	9	40	2	0	5	400
Three Bean Salad		87	70	14	3	3	0	0	0	0	0	170
KFC Red Beans with Sausage and Rice		144	160	26	4	24	2.5	14	0.5	0	5	340

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
KFC Cornbread Muffin		52	210	28	1	3	9	34	1.5	0	35	240
Other												
Sargento Light String Cheese		21	50	1	0	6	2.5	45	1.5	0	10	160
KFC Gizzards		55	200	15	1	11	11	50	2	0	100	800
KFC Livers		55	180	11	0	11	10	50	2	0	200	620
Country Fried Steak without Peppered White Gravy		111	360	19	2	16	24	60	8	1	40	1040
Country Fried Steak with Peppered White Gravy		155	390	23	2	16	26	60	8	1	40	1200
Jalapeno Peppers		32	20	1	1	0	1.5	68	0	0	0	480
Honey Sauce Packet		9	30	8	0	0	0	0	0	0	0	0
Colonel's Buttery Spread		6	30	0	0	0	3.5	100	0.5	0	0	30
KFC Signature Sauce Dipping Cup		25	70	5	0	0	5	64	1	0	10	135
Spicy Chipotle Dipping Sauce Cup		25	70	8	1	0	3.5	45	1	0	10	220
Fiery Buffalo Dipping Sauce Cup		25	25	6	0	0	0	0	0	0	0	530
Sweet and Sour Dipping Sauce Cup		25	45	12	0	0	0	0	0	0	0	95
Honey Mustard Dipping Sauce Cup		25	120	6	0	0	10	75	1.5	0	5	110
Creamy Ranch Dipping Sauce Cup		25	140	1	0	0	15	97	2.5	0	10	230
HBBQ Dipping Sauce Cup		25	40	9	0	0	0	0	0	0	0	310
Desserts												
Apple Turnover (1)		86	260	35	1	2	13	45	3	0	0	170
Brownie Minis (1 pack)		57	280	31	1	3	16	51	6	0	30	180
Café Valley Bakery Chocolate Chip Cake (6 slices per cake)		76-1 slice	280	47	1	3	9	29	3.5	0	30	160
Lil' Bucket Lemon Crème Parfait Cup		127	390	60	0	7	14	32	8	0	0	220
Lil' Bucket Chocolate Crème Parfait Cup		113	280	37	1	2	14	45	9	0	0	220
Lil' Bucket Strawberry Shortcake Parfait Cup		99	230	39	1	2	8	31	4	0	35	220
Strawberry Cream Cheese Pie Slice		78	270	31	0	3	15	50	10	0	5	220
Pecan Pie Slice		95	410	52	1	4	21	46	6	0	70	220
Lemon Meringue Pie Slice		81	250	42	0	4	7	25	3.5	0	35	210
Dutch Apple Pie Slice		108	320	47	1	2	14	39	6	0	0	300
Cookie Dough Pie Slice		68	240	31	1	3	12	45	7	0	10	190
Reese's Peanut Butter Pie Slice		71	310	31	1	5	19	55	10	0	5	200
Oreo Cookies and Crème Pie Slice		74	290	34	1	3	16	50	10	0	5	210
Sara Lee Sweet Potato Pie Slice		113	340	46	0	5	16	50	7	0	20	330
Sweet Life Sugar Cookie		35	160	22	0	2	7	39	3	0	10	125
Sweet Life Oatmeal Raisin Cookie		35	150	23	1	2	6	36	2.5	0	10	130
Sweet Life Chocolate Chip Cookie		35	170	23	1	2	8	42	4	0	10	90

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Doughnuts												
Apple Fritter		87	210	18	1	3	14	60	7	0	5	110
Baseball Doughnut		68	290	33	<1	4	17	53	8	0	0	125
Caramel Kreme Crunch		96	390	50	<1	4	20	46	10	0	5	170
Chocolate Iced Cake		71	280	34	<1	3	15	48	7	0	20	320
Chocolate Iced Custard Filled		89	310	36	<1	4	17	49	8	0	0	150
Chocolate Iced Glazed		64	240	33	<1	2	11	41	5	0	5	95
Chocolate Iced Glazed Cruller		70	260	38	<1	2	12	42	5	0	15	260
Chocolate Iced Glazed Football Stamp		72	290	31	<1	4	17	53	8	0	0	125
Chocolate Iced Glazed Hearts w/Strawberry - Kreme Filling and Red Drizzle		93	360	43	<1	4	20	50	10	0	0	150
Chocolate Iced Kreme Filling		89	360	40	<1	4	21	53	10	0	0	140
Chocolate Iced Kreme Filling Web (Halloween)		100	400	51	<1	4	20	45	10	0	0	140
Chocolate Iced Glazed w/ Sprinkles		72	270	41	<1	2	11	37	5	0	5	95
Chocolate Iced Raspberry Filled		89	310	36	<1	4	17	49	8	0	0	125
Cinnamon Apple Filled		81	290	33	<1	3	16	50	8	0	5	150
Cinnamon Bun		67	260	28	<1	3	16	55	8	0	5	125
Cinnamon Twist		59	240	23	<1	3	15	56	7	0	5	130
Doughnut Hole Glazed Blueberry Cake	4 Holes	51	190	26	<1	2	8	38	4	0	15	210
Doughnut Hole Glazed Cake	4 Holes	51	200	26	<1	2	10	45	4.5	0	15	220
Doughnut Hole Glazed Chocolate Cake	4 Holes	51	190	25	1	2	9	43	4.5	0	15	200
Doughnut Hole Original Glazed	4 Holes	54	200	26	0	2	11	50	4.5	0	0	90
Doughnut Hole Pumpkin Spice	4 Holes	51	210	29	0	2	10	43	4.5	0	15	240
Dulce de Leche		75	300	31	<1	3	18	54	9	0	5	160
Éclair - Chocolate Iced Banana Filled w/Yellow Drizzle		99	290	41	<1	3	13	40	6	0	0	90
Éclair - Chocolate Iced Chocolate Filledw/Chocolate Drizzle		99	290	39	2	4	16	50	7	0	0	120
Éclair - White Iced Strawberries & Kreme Filling w/Pink Drizzle		99	330	43	<1	3	16	44	8	0	5	110
Glazed Blueberry Cake		80	300	42	<1	2	14	42	7	0	20	230
Glazed Chocolate Cake		80	300	41	2	3	15	45	7	0	20	230
Glazed Cinnamon		53	200	25	<1	2	11	50	4.5	0	0	90
Glazed Cruller		56	220	27	<1	2	12	49	5	0	15	260
Glazed Kreme Filling		84	340	38	<1	3	20	53	10	0	5	140
Glazed Lemon Filled		85	290	35	<1	3	16	50	8	0	5	135
Glazed Raspberry Filled		84	290	36	<1	3	16	50	8	0	5	125
Glazed Sour Cream		80	310	43	<1	2	14	41	7	0	20	250
Jack o' Lantern		74	280	38	<1	3	13	42	6	0	0	110
Maple Iced Glazed		64	230	32	<1	2	11	43	5	0	0	90

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Mini Chocolate Iced Glazed		30	110	16	0	1	5	41	2.5	0	0	45
Mini Chocolate Iced with Sprinkles		35	130	20	0	1	5	35	2.5	0	0	45
Mini Original Glazed		23	90	10	0	1	5	50	2.5	0	0	40
New York Cheesecake		96	350	36	<1	4	21	54	10	0	10	200
Original Glazed		49	190	21	0	2	11	52	5	0	0	90
Powdered Blueberry Filled		84	300	34	<1	4	17	51	8	0	0	135
Powdered Cake		54	220	27	0	2	11	45	5	0	15	240
Powdered Strawberry Filled		81	290	33	<1	3	16	50	8	0	5	135
Pumpkin Spice		81	300	42	<1	2	14	50	7	0	20	240
Pumpkin, Football, Egg Shape Iced & Stamped		70	280	29	<1	3	17	55	8	0	5	120
Sugar		46	190	20	0	2	11	52	5	0	0	85
Tennis Ball		73	290	32	<1	4	17	53	8	0	0	125
Traditional Cake		57	190	19	0	2	12	57	6	0	15	260
White Iced Egg with Easter Sprinkles		74	340	41	<1	4	18	48	8	0	0	120
White Iced Glazed Hearts		81	320	38	<1	3	17	48	8	0	0	120
White Iced Glazed Snowman + Stamp		66	280	29	<1	3	17	55	8	0	5	120
White Iced Heart w/Valentine Sprinkles		69	300	35	<1	3	16	48	8	0	0	115
White Iced Shamrock with St. Patrick's Sprinkles		68	300	31	<1	3	18	54	8	0	0	120
White Iced Star with Patriotic Sprinkles		69	300	31	<1	3	18	54	8	0	0	120
BAKED												
Bagels, Cream Cheese, Butter and Jelly												
Plain Bagel		108	260	54	2	10	1	3	0	0	0	490
Cinnamon Raisin Bagel		108	250	54	3	9	1	4	0	0	0	440
Wholegrain/Whole Wheat Bagel		108	290	54	9	11	5	16	0.5	0	0	500
Everything Bagel		108	280	54	3	10	3.5	11	0	0	0	1160
Asiago Cheese Bagel		113	300	57	3	11	3.5	11	1.5	0	5	660
Blueberry Bagel		108	270	57	3	9	1	3	0	0	0	470
Plain Cream Cheese	1 oz	80	80	1	0	1	8	90	5	0	30	115
Plain Cream Cheese	8 oz	670	670	12	0	12	64	86	39	3	255	930
Reduced Fat Plain	1 oz	60	60	2	0	2	5	75	3	0	20	130
Reduced Fat Plain	8 oz	490	490	14	1	17	41	75	25	2	155	1030
Garden Vegetable	1 oz	80	80	2	0	1	7	79	4.5	0	30	150
Garden Vegetable	8 oz	90	90	2	0	2	8	80	5	0	35	160
Garden Vegetable Reduced Fat	8 oz	60	60	2	0	2	5	75	3	0	20	190
Strawberry Reduced Fat	1 oz	80	80	4	0	1	7	79	4	0	25	100
Strawberry Reduced Fat	8 oz	510	510	38	<1	0	34	60	21	1.5	125	870
Salted Butter	1 tbsp	100	100	0	0	0	10	90	7	0	30	115
Grape Jelly	0.5 oz	35	35	9	0	0	0	0	0	0	0	0

Krispy Kreme Doughnuts®

www.krispykreme.com
Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Strawberry Jelly		0.5 oz	35	9	0	0	0	0	0	0	0	0
Mixed Fruit Jelly		0.5 oz	35	9	0	0	0	0	0	0	0	0
Muffins												
Whole Wheat Banana Nut Muffin with Oat Crisp Crunch Topping		103	380	50	4	7	18	43	3	0	50	390
Reduced Fat Triple Berry Muffin		113	300	57	2	5	6	18	1.5	0	0	400
Blueberry Muffin		113	380	48	1	4	19	45	3.5	0	75	280
Whole Wheat Blueberry Muffin with Oat Crisp Crunch Topping		103	340	47	4	6	15	40	3	0	50	380
Chocolate Chip Muffin with Oat Crisp Crunch Topping		127	500	62	1	6	26	47	7	0	85	330
Whole Wheat Corn Muffin		89	310	44	3	6	13	38	2	0	45	340
Sweet Rolls												
Cinnamon Roll		170	670	76	3	7	38	51	18	1	15	65
Cinnamon Roll Lite		85	330	38	2	3	19	52	9	0	5	35
Pecan Roll		101	420	44	2	5	25	54	10	0	10	40
Pecan Roll		201	840	88	4	9	51	55	20	1	15	85

McDonald's®

www.mcdonalds.com
Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Hamburger	3.5 oz	(100 g)	250	31	2	12	9	32	3.5	0.5	25	520
Cheeseburger	4 oz	(114 g)	300	33	2	15	12	36	6	0.5	40	750
Double Cheeseburger	5.8 oz	(165 g)	440	34	2	25	23	47	11	1.5	80	1150
McDouble	5.3 oz	(151g)	390	33	2	22	19	44	8	1	65	920
Quarter Pounder+	6 oz	(169 g)	410	37	3	24	19	42	7	1	65	730
Quarter Pounder with Cheese+	7 oz	(198 g)	510	40	3	29	26	46	12	1.5	90	1190
Double Quarter Pounder with Cheese++	9.8 oz	(279 g)	740	40	3	48	42	51	19	2.5	155	1380
Big Mac	7.5 oz	(214 g)	540	45	3	25	29	48	10	1.5	75	1040
Big N' Tasty	7.2 oz	(206 g)	460	37	3	24	24	47	8	1.5	70	720
Big N' Tasty with Cheese	7.7 oz	(220 g)	510	38	3	27	28	49	11	1.5	85	960
Angus Bacon & Cheese	10.2 oz	(291g)	790	63	4	45	39	44	17	2	145	2070
Angus Deluxe	11.1 oz	(314g)	750	61	4	40	39	47	16	2	135	1700
Angus Mushroom & Swiss	10 oz	(283g)	770	59	4	44	40	47	17	2	135	1170
Filet-O-Fish	5.1 oz	(142 g)	380	38	2	15	18	43	3.5	0	40	640
McChicken	5 oz	(143 g)	360	40	2	14	16	40	3	0	35	830
McRib	7.4 oz.	(209g)	500	44	3	22	26	47	10	0	70	980
Premium Grilled Chicken Classic Sandwich	8 oz	(226 g)	420	51	3	32	10	21	2	0	70	1190
Premium Crispy Chicken Classic Sandwich	8.1 oz	(230 g)	530	59	3	28	20	34	3.5	0	50	1150

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Premium Grilled Chicken Club Sandwich	8.8 oz	(250 g)	530	52	4	39	17	29	6	0	95	1410
Premium Crispy Chicken Club Sandwich	9 oz	(254 g)	630	60	4	35	28	38	7	0	75	1360
Premium Grilled Chicken Ranch BLT Sandwich	8.3 oz	(236 g)	470	54	3	36	12	23	3	0	80	1440
Premium Crispy Chicken Ranch BLT Sandwich	8.5 oz	(240 g)	580	62	3	31	23	35	4.5	0	65	1400
Southern Style Crispy Chicken Sandwich	8.7 oz	(161g)	400	39	1	24	17	38	3	0	45	1030
Ranch Snack Wrap (Crispy)	4.1 oz	(117 g)	340	33	1	14	17	44	4.5	0	30	810
Ranch Snack Wrap (Grilled)	4.3 oz	(122 g)	270	26	1	18	10	33	4	0	45	830
Honey Mustard Snack Wrap with (Crispy)	4.2 oz	(118 g)	330	34	1	14	16	42	4.5	0	30	780
Honey Mustard Snack Wrap (Grilled)	4.4 oz	(124g)	260	27	1	18	9	31	3.5	0	45	800
Chipotle BBQ Snack Wrap (Crispy)	4.2 oz	(120 g)	330	35	1	14	15	41	4.5	0	30	810
Chipotle BBQ Snack Wrap (Grilled)	4.4 oz	(125 g)	260	28	1	18	9	31	3.5	0	45	830
Angus Bacon & Cheese Snack Wrap	5.1 oz	(145 g)	390	28	1	21	21	48	9	1	75	1080
Angus Deluxe Snack Wrap	6 oz	(170 g)	410	27	2	20	25	55	10	1.5	75	990
Angus Mushroom & Swiss Snack Wrap	5.7 oz	(162 g)	430	27	2	22	26	54	10	1.5	75	730
Mac Snack Wrap	4.4 oz	(126 g)	330	26	1	15	19	52	7	1	45	690
Small French Fries	2.5 oz	(71 g)	230	29	3	3	11	47	1.5	0	0	160
Medium French Fries	4.1 oz	(117 g)	380	48	5	4	19	47	2.5	0	0	270
Large French Fries	5.4 oz	(154 g)	500	63	6	6	25	45	3.5	0	0	350
Ketchup Packet	1 pkg	(10 g)	15	3	0	0	0	0	0	0	0	110
Salt Packet	1 pkg	(0.7 g)	0	0	0	0	0	0	0	0	0	270
Chicken McNuggets (4 piece)	2.3 oz	(64 g)	190	11	0	10	12	57	2	0	30	400
Chicken McNuggets (6 piece)	3.4 oz	(95 g)	280	16	0	14	17	55	3	0	40	600
Chicken McNuggets (10 piece)	5.6 oz	(159 g)	460	27	0	24	29	57	5	0	70	1000
Barbeque Sauce	1 pkg	(28 g)	50	12	0	0	0	0	0	0	0	260
Honey	1 pkg	(14 g)	50	12	0	0	0	0	0	0	0	0
Hot Mustard Sauce	1 pkg	(28 g)	60	9	2	1	2.5	38	0	0	5	250
Sweet 'N Sour Sauce	1 pkg	(28 g)	50	12	0	0	0	0	0	0	0	150
Chicken Selects Premium Breast Strips (3 pc)	4.6oz	(131 g)	400	23	0	23	24	54	3.5	0	50	1010
Chicken Selects Premium Breast Strips (5 pc)	7.7 oz	(219 g)	660	39	0	39	38	52	6	0	85	1680
Spicy Buffalo Sauce	1.3 oz	(35 g)	60	1	1	0	6	90	1	0	0	800
Creamy Ranch Sauce	1.3 oz	(35 g)	170	2	0	0	18	95	3	0	10	270
Tangy Honey Mustard Sauce	1.3 oz	(35g)	60	10	0	1	2	30	0	0	5	140
Southwestern Chipotle Barbeque Sauce	1.3 oz	(35 g)	60	15	1	0	0	0	0	0	0	210
Premium Southwest Salad with Grilled Chicken	12.3 oz	(350g)	320	30	6	30	9	25	3	0	70	960

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Premium Southwest Salad with Crispy Chicken	12.5 oz	(353g)	430	38	6	26	20	42	4	0	55	920
Premium Bacon Ranch Salad with Grilled Chicken	11.3 oz	(321 g)	260	12	3	33	9	31	4	0	90	1010
Premium Bacon Ranch Salad with Crispy Chicken	11.4 oz	(324 g)	370	20	3	29	20	49	6	0	75	970
Premium Bacon Ranch Salad (without chicken)	7.8 oz	(223 g)	140	10	3	9	7	45	3.5	0	25	300
Premium Caesar Salad with Grilled Chicken	11 oz	(311 g)	220	12	3	30	6	25	3	0	75	890
Premium Caesar Salad with Crispy Chicken	11 oz	(314 g)	330	20	3	26	17	46	4.5	0	60	840
Premium Caesar Salad (without chicken)	7.5 oz	(213 g)	90	9	3	7	4	70	2.5	0	10	180
Side Salad	3.1 oz	(87 g)	20	4	1	1	0	0	0	0	0	10
Butter Garlic Croutons	0.5 oz	(14 g)	60	10	1	2	1.5	23	0	0	0	140
Snack Size Fruit & Walnut Salad	1 pkg	(163 g)	210	31	2	4	8	34	1.5	0	5	60
Newman's Own Creamy Caesar Dressing	2 fl oz	(59 ml)	190	4	0	2	18	85	3.5	0	20	500
Newman's Own Low Fat Balsamic Vinaigrette	1.5 fl oz	(44 ml)	40	4	0	0	3	68	0	0	0	730
Newman's Own Low Fat Family Recipe Italian Dressing	1.5 fl oz	(44 ml)	60	8	0	1	2.5	38	0	0	0	730
Newman's Own Ranch Dressing	2 fl oz	(59 ml)	170	9	0	1	15	79	2.5	0	20	530
Newman's Own Creamy Southwest Dressing	1.5 fl oz	(44 ml)	100	11	0	1	6	54	1	0	20	340
Egg McMuffin	7.1 oz	(139 g)	300	30	2	18	12	36	5	0	260	820
Sausage McMuffin	6.2 oz	(111g)	370	29	2	14	22	54	8	0	45	850
Sausage McMuffin with Egg	8 oz	(162 g)	450	30	2	21	27	54	10	0	285	920
English Muffin	4.3 oz	(56 g)	160	27	2	5	3	10	0.5	0	0	280
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	4.9 oz	(140 g)	420	37	2	15	27	58	10	0	285	920
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.4 oz	(154 g)	480	43	3	15	27	51	12	0	235	1270
Sausage Biscuit with Egg (Regular Size Biscuit)	5.7 oz	(163 g)	510	36	2	18	33	58	14	0	250	1170
Sausage Biscuit with Egg (Large Size Biscuit)	6.2 oz	(177 g)	570	42	3	18	37	58	15	0	250	1280
Sausage Biscuit (Regular Size Biscuit)	4.1 oz	(117 g)	430	34	2	11	27	61	12	0	30	1080
Sausage Biscuit (Large Size Biscuit)	4.6 oz	(131 g)	480	39	3	11	31	58	13	0	30	1190
Southern Style Chicken Biscuit (Regular Biscuit)	5oz	(143g)	410	41	2	17	20	44	8	0	30	1180
Southern Style Chicken Biscuit (Large Biscuit)	5.5oz	(157g)	470	46	3	17	24	46	9	0	30	1290
Steak, Egg & Cheese Bagel	9.2oz	(231g)	660	56	3	33	33	45	12	1	300	1580

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Bacon, Egg & Cheese McGriddles	6.3 oz	(164 g)	420	48	2	15	18	39	8	0	240	1100
Sausage, Egg & Cheese McGriddles	7.6oz	(201g)	560	48	2	20	32	51	12	0	265	1360
Sausage McGriddles	5 oz	(141 g)	420	44	2	11	22	47	8	0	35	1030
Big Breakfast (Regular Size Biscuit)	9.5 oz	(269 g)	740	51	3	28	48	58	17	0	555	1560
Big Breakfast (Large Size Biscuit)	10 oz	(283 g)	800	56	4	28	52	58	18	0	555	1680
Big Breakfast with Hotcakes (Regular Biscuit)	14.8oz	(420g)	1090	111	6	36	56	46	19	0	575	2150
Big Breakfast with Hotcakes (Large Biscuit)	15.3oz	(434g)	1150	116	7	36	60	47	20	0	575	2260
Sausage Burrito	3.9 oz	(111 g)	300	26	1	12	16	48	7	0	115	830
Hotcakes and Sausage	6.8 oz	(192 g)	520	61	3	15	24	42	7	0	50	930
Hotcakes	5.3 oz	(151 g)	350	60	3	8	9	23	2	0	20	590
McSkillet Burrito with Sausage	8.4oz	(238g)	610	44	3	27	36	53	14	0.5	410	1390
Scrambled Eggs (2)	3.3 oz	(94 g)	170	1	0	15	11	58	4	0	520	180
Hash Browns	2 oz	(56 g)	150	15	2	1	9	54	1.5	0	0	310
Grape Jam	0.5 oz	(14 g)	35	9	0	0	0	0	0	0	0	0
Strawberry Preserves	0.5 oz	(14 g)	35	9	0	0	0	0	0	0	0	0
Bacon, Egg & Cheese Bagel	6.5oz	(185g)	560	56	3	24	27	43	9	0.5	260	1300
Fruit & Maple Oatmeal	9.2oz	(251g)	290	57	5	5	4.5	14	1.5	0	10	160
Fruit & Maple Oatmeal without brown sugar	9.2oz	(250g)	260	48	5	5	4.5	14	2	0	5	115
Fruit 'n Yogurt Parfait»	5.3 oz	(149 g)	160	31	1	4	2	11	1	0	5	85
Low Fat Caramel Dip	0.8 oz	(21 g)	70	15	0	0	0.5	6	0	0	5	35
Vanilla Reduced Fat Ice Cream Cone	3.2 oz	(90 g)	150	24	0	4	3.5	21	2	0	15	60
Kiddie Cone	1 oz	(29 g)	45	8	0	1	1	20	0.5	0	5	20
Strawberry Sundae	6.3 oz	(178 g)	280	49	1	6	6	19	4	0	25	95
Hot Caramel Sundae	6.4 oz	(182 g)	340	60	1	7	8	21	5	0	30	160
Hot Fudge Sundae	6.3 oz	(179 g)	330	54	2	8	10	27	7	0	25	180
Peanuts (for Sundaes)	0.3 oz	(7 g)	45	2	1	2	3.5	70	0.5	0	0	0
Baked Hot Apple Pie	2.7 oz	(77 g)	250	32	4	2	13	47	7	0	0	170
Cinnamon Melts	4oz	(114g)	460	66	3	6	19	37	9	0	15	370
McDonaldland Cookies	2 oz	(57 g)	260	43	1	4	8	29	2.5	0	0	300
Chocolate Chip Cookie	1 cookie	(33 g)	160	21	1	2	8	45	3.5	0	10	90
Oatmeal Raisin Cookie	1 cookie	(33 g)	150	22	1	2	6	36	2.5	0	10	135
Sugar Cookie	1 cookie	(32 g)	160	21	0	2	7	39	3	0	5	120
Strawberry Triple Thick Shake	(12 fl oz cup)	265g	420	73	0	10	10	21	6	0.5	40	130
Strawberry Triple Thick Shake	(16 fl oz cup)	354g	560	97	0	13	13	21	8	1	50	170
Strawberry Triple Thick Shake	(21 fl oz cup)	469g	740	128	0	17	18	22	11	1	70	230
Strawberry Triple Thick Shake	(32 fl oz cup)	708g	1110	194	0	25	26	21	16	2	100	350
Vanilla Triple Thick Shake	(12 fl oz cup)	266g	420	72	0	9	10	21	6	0.5	40	140
Vanilla Triple Thick Shake	(16 fl oz cup)	354g	550	96	0	13	13	21	8	1	50	190
Vanilla Triple Thick Shake	(21 fl oz cup)	470g	740	128	0	17	18	22	11	1	70	250
Vanilla Triple Thick Shake	(32 fl oz cup)	708g	1110	193	0	25	26	21	16	2	100	370

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Family Size Stuffed Pizzas												
1 Serving = 1 Slice = 1/16th of the Pizza												
5-Meat		143	370	39	0	18	16	39	7	0	45	910
Big Murphy		157	370	40	<1	17	16	39	7	0	40	890
Chicago Style		149	370	40	<1	17	16	39	7	0	45	850
Chicken & Bacon		151	370	39	0	20	15	36	7	0	50	820
Large Size Stuffed Pizzas												
1 Serving = 1 Slice = 1/12th of the Pizza												
5-Meat		142	370	38	0	18	16	39	7	0	45	900
Big Murphy		152	360	39	<1	17	15	37	7	0	40	870
Chicago Style		145	370	39	<1	17	16	39	7	0	40	840
Chicken & Bacon		148	360	38	0	20	14	35	7	0	50	790
Family Size Original Crust Pizzas												
1 Serving = 1 Slice = 1/12th of the Pizza												
50/50		118-158	320-360	31-33	<1	15-18	15-18	45	8-9	0	40-50	710-940
All Meat		141	360	31	0	19	18	45	9	0	55	900
Barbeque Chicken		144	340	37	0	19	13	34	7	0	50	720
Cheese		109	270	30	0	13	11	37	6	0	30	560
Cowboy		151	350	32	<1	17	18	46	8	0	45	900
Forty-Niner		136	370	31	<1	18	19	46	9	0	50	880
Gourmet Chicken Garlic		137	320	30	0	19	14	39	7	0	50	630
Gourmet Classic Italian		146	350	31	<1	17	18	46	8	0	45	790
Gourmet Supreme		123	310	33	2	15	13	38	7	0	35	680
Gourmet Vegetarian		144	300	31	1	14	14	42	7	0	35	700
Hawaiian		136	290	33	<1	15	11	34	6	0	35	670
Herb Chicken Mediterranean		128	340	35	3	17	14	37	7	0	40	630
Meat Sampler		118-130	280-340	31-32	<1	15-17	11-16	42	6-8	0	35-45	670-840
Murphy's Combo		158	360	33	<1	18	18	45	9	0	50	940
Papa-Roni		125	350	31	0	16	18	46	9	0	45	810
Papa's Favorite		170	360	33	<1	18	18	46	8	0	50	910
Pepperoni		118	320	31	0	15	15	42	8	0	40	710
Perfect		118-136	290-320	30-34	<1	15	11-15	42	6-8	0	35-40	670-710
Rancher		140	330	31	<1	17	16	44	8	0	45	790
Specialty of the House		145	320	32	<1	16	15	42	7	0	40	800
Taco Grande		159	340	34	2	17	16	42	7	0	45	850
Veggie Combo		160	300	33	<1	14	13	39	6	0	30	670
Veggie Mediterranean		113	310	34	3	13	14	41	6	0	30	610
Large Size Original Crust Pizzas												
1 Serving = 1 Slice = 1/10th of the Pizza												
50/50		106-141	290-330	27-29	<1	13-16	14-17	46	7-8	0	35-45	640-850
All Meat		125	320	28	0	17	16	45	8	0	50	790
Barbeque Chicken		134	310	35	0	17	11	32	6	0	45	680
Cowboy		137	320	29	<1	16	16	45	8	0	40	810
Forty-Niner		121	330	28	0	16	17	46	8	0	45	780

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Gourmet Chicken Garlic		124	290	27	0	17	13	40	6	0	45	560
Gourmet Classic Italian		129	310	28	<1	15	16	46	7	0	40	700
Gourmet Supreme		111	280	30	2	13	12	39	6	0	30	600
Gourmet Vegetarian		127	270	28	1	13	12	40	6	0	30	610
Herb Chicken Mediterranean		113	300	31	2	15	13	39	6	0	35	560
Murphy's Combo		141	330	29	<1	16	17	46	8	0	45	850
Papa's Favorite		153	330	29	<1	16	17	38	8	0	45	820
Pepperoni		106	290	27	0	13	14	43	7	0	35	640
Perfect		106-124	270-290	27-30	<1	13	10-14	43	6-7	0	35	600-640
Rancher		125	300	28	0	16	14	42	7	0	40	700
Specialty of the House		154	300	29	<1	15	14	42	7	0	35	730
Taco Grande		143	310	30	1	16	14	41	6	0	40	760
Vegetarian Combo		153	270	30	<1	13	11	37	6	0	30	610
Veggie Mediterranean		102	280	31	2	12	12	39	6	0	25	540
Medium Size Original Crust Pizzas												
1 Serving = 1 Slice = 1/8th of the Pizza												
50/50		97-131	260-300	25-27	<1	12-15	13-15	45	6-7	0	35-40	580-780
All Meat		113	290	25	0	15	14	43	7	0	40	710
Barbeque Chicken		117	280	30	0	16	10	31	6	0	40	590
Cowboy		125	290	26	0	14	15	47	7	0	40	740
Forty-Niner		109	290	25	0	14	15	47	7	0	40	690
Gourmet Chicken Garlic		112	260	25	0	15	12	42	6	0	40	510
Gourmet Classic Italian		125	280	26	<1	14	13	42	7	0	40	640
Gourmet Supreme		98	250	26	1	12	11	40	6	0	30	530
Gourmet Vegetarian		113	250	25	<1	12	11	40	6	0	30	550
Hawaiian		114	240	28	0	12	10	37	5	0	30	540
Herb Chicken Mediterranean		102	270	27	2	14	12	40	5	0	35	510
Murphy's Combo		131	300	27	<1	15	15	45	7	0	40	780
Papa-Roni		100	270	25	0	13	14	47	7	0	35	620
Papa's Favorite		138	300	27	<1	15	15	45	7	0	40	750
Pepperoni		97	260	25	0	12	13	45	6	0	35	580
Rancher		114	270	26	0	14	13	43	6	0	40	640
Specialty of the House		121	270	26	0	13	13	43	6	0	35	670
Taco Grande		101	220	23	<1	11	10	41	6	0	30	520
Vegetarian Combo		136	250	27	<1	11	11	40	5	0	25	560
Veggie Mediterranean		92	260	27	2	11	11	38	5	0	25	490
Large Size deLITE Thin Crust Pizzas -												
1 Serving = 1 Slice = 1/10th of the Pizza												
50/50		64-91	170-200	13-14	0	11-Sep	9-12	54	5-6	0	30-35	320-490
All Meat		76	190	13	0	11	11	52	5	0	35	430
Barbeque Chicken		79	180	17	0	12	8	40	4.5	0	30	340
Cheese		58	140	13	0	8	7	45	4	0	20	230

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Chicken Bacon Artichoke		78	180	13	<1	12	9	45	4	0	35	400
Cowboy		86	190	14	0	11	11	52	5	0	30	460
Gourmet Chicken Garlic		76	170	13	0	11	9	48	4.5	0	30	270
Gourmet Classic Italian		85	190	14	<1	11	10	47	5	0	30	380
Gourmet Supreme		64	160	14	1	8	8	45	4	0	20	290
Gourmet Vegetarian		76	160	12	<1	9	9	51	4.5	0	20	300
Hawaiian		77	160	15	0	9	7	39	4	0	25	290
Herb Chicken Mediterranean		68	180	15	2	10	9	45	4	0	25	270
Meat		76	190	13	0	11	11	52	5	0	35	400
Murphy's Combo		91	200	14	0	11	12	54	6	0	35	490
Papa's Favorite		96	200	15	<1	11	12	54	5	0	30	460
Pepperoni		64	170	13	0	9	9	48	5	0	30	320
Rancher		77	180	14	0	10	10	50	5	0	30	370
Specialty of the House		82	180	14	0	10	10	50	5	0	30	400
Vegetarian Combo		72	160	15	<1	8	8	45	4	0	20	310
Veggie		72	160	13	<1	8	9	51	4	0	20	250
Veggie Mediterranean		59	170	15	2	8	9	48	4	0	20	260
Calzones												
Family Size - 1 Serving = 1 Slice = 1/8th of the Calzone (WITHOUT the Marinara)												
Chicken Florentine		218	470	46	1	26	20	38	9	0	65	1050
Combo		184	450	46	<1	21	21	42	11	0	60	1030
Italian		209	470	47	<1	23	21	40	10	0	60	1170
Veggie		197	410	46	2	19	17	37	9	0	45	970
Large Size - 1 Serving = 1 Slice = 1/6th of the Calzone (WITHOUT the Marinara)												
Chicken Florentine		215	460	46	1	26	19	37	9	0	65	1040
Combo		182	450	45	<1	21	20	40	10	0	60	1020
Italian		196	450	46	<1	22	20	40	10	0	55	1090
Veggie		186	400	46	1	18	16	36	9	0	45	920
1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Sauce												
Marinara Sauce Cup		14	10	2	0	0	0	0	0	0	0	60
Side Items												
Lasagna - 1 Serving = 1/8th of the Lasagna		184	330	26	2	17	18	49	9	0	70	760
1 Serving = 2 Slices = 1/8th of the Cheesy Bread (Does Not Include the Marinara Dipping Sauce)												
Cheesy Bread (without Sauce)		75	220	31	0	7	7	29	3	0	5	480
1 Serving = 1/2 ounce = 1/8th of the cup of Marinara Dipping Sauce												
Marinara Sauce Cup for Cheesy Bread		14	10	2	0	0	0	0	0	0	0	60

Papa Murphy's®

www.papamurphys.com
Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
1 Serving = 1/16th of the tub = 1 ounce												
Cookie Dough with Hershey's Chocolate Chips		28	120	17	0	1	6	45	2	1	< 5	115
1 Serving = 1 Slice = 1/8th of the Pizza (Does Not Include the Cream Cheese Frosting)												
Apple Dessert Pizza		97	240	46	<1	4	4.5	16	1	1	0	340
Cherry Dessert Pizza		97	240	44	<1	4	4.5	16	1	1	0	330
1 Serving = 2 Slices = 1/8th of the Cinnamon Wheel (Does Not Include the Cream Cheese Frosting)												
Cinnamon Wheel		82	250	42	0	5	7	25	2	0	0	410
1 Serving = 1/8th of the cup of Cream Cheese Frosting												
Cream Cheese Frosting		11	50	4	0	0	3	16	2	0	5	40
1 Serving = 1/2 of the Salad (Does Not Include Salad Dressing or Croutons)												
Caesar Salad		120	50	4	2	4	13	23	1	0	10	210
Club Salad		189	140	6	3	13	14	90	1	0	10	170
Garden Salad		206	100	8	3	6	0.5	4.5	0	0	0	280
Italian Salad		186	140	7	3	7	3.5	22	0	0	0	140
Salad Dressing=2 Servings/Packet Croutons=1 Serving/Packet												
Buttermilk Ranch Salad Dressing		30	120	2	0	0	13	97	1	0	10	210
Caesar Salad Dressing		30	140	2	0	1	14	90	1	0	10	170
Low Calorie Italian Salad Dressing		30	10	1	0	0	0.5	45	0	0	0	280
Croutons		17.7	90	11	0	2	3.5	35	0	0	0	140

Pizza Hut®

www.pizzahut.com
Brands are trademarks of their respective holders.

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
12" Medium Pan Pizza. 1 slice (1 slice = 1/8 pizza)												
Cheese Only		91	240	27	1	11	11	41	4.5	0	25	530
Pepperoni		90	250	26	1	11	12	43	4.5	0	25	590
Supreme		112	290	27	2	12	14	43	5	0	30	650
Pepperoni & Mushroom		97	240	27	1	10	10	37	4	0	20	520
Italian Sausage & Red Onion		106	270	28	1	11	13	43	4.5	0	25	560
Ham & Pineapple		97	230	28	1	10	9	35	3.5	0	20	520
Veggie Lover's		107	230	28	2	9	9	35	3.5	0	15	500
Meat Lover's		113	330	27	1	14	18	49	7	0	40	830
Hawaiian Luau		104	260	28	1	11	12	42	4.5	0	25	610
Dan's Original		110	280	27	1	12	14	45	5	0	30	630

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Triple Meat Italiano		103	290	27	1	13	15	47	5	0	30	700
Spicy Sicilian		106	270	27	2	11	13	43	5	0	25	700
12" Medium Thin 'N Crispy Pizza												
Cheese Only		65	190	22	1	9	8	38	4	0	25	550
Pepperoni		63	200	21	1	9	9	40	4	0	25	610
Supreme		88	240	23	1	10	12	45	5	0	30	670
Pepperoni & Mushroom		73	190	22	1	9	8	38	3.5	0	20	540
Italian Sausage & Red Onion		81	220	23	1	9	10	41	4	0	25	580
Ham & Pineapple		73	180	23	1	8	6	30	3	0	20	540
Veggie Lover's		86	180	23	1	8	6	30	3	0	15	530
Meat Lover's		85	280	22	1	13	16	51	6	0	40	860
Hawaiian Luau		81	220	24	1	10	10	41	4	0	25	650
Dan's Original		85	240	22	1	11	12	45	5	0	30	650
Triple Meat Italiano		76	240	22	1	11	12	45	5	0	30	720
Spicy Sicilian		81	220	22	1	9	10	41	4.5	0	25	750
12" Medium Hand-Tossed Style Pizza												
Cheese Only		84	220	26	1	10	8	33	4.5	0	25	560
Pepperoni		83	230	25	1	10	10	39	4.5	0	25	620
Supreme		106	260	26	2	11	12	42	5	0	30	690
Pepperoni & Mushroom		91	210	26	2	10	8	34	4	0	20	550
Italian Sausage & Red Onion		99	240	27	2	10	11	41	4.5	0	25	590
Ham & Pineapple		91	200	27	1	9	7	31	3.5	0	20	560
Veggie Lover's		102	200	27	2	9	7	31	3.5	0	15	540
Meat Lover's		105	300	25	1	14	16	48	7	0	40	870
Hawaiian Luau		98	240	27	1	10	10	37	4.5	0	25	650
Dan's Original		103	260	26	2	12	12	42	5	0	30	670
Triple Meat Italiano		96	260	25	1	12	12	42	5	0	30	740
Spicy Sicilian		99	250	26	2	10	11	40	5	0	25	740
Cheese Only		84	220	26	1	10	8	33	4.5	0	25	560
Pepperoni		83	230	25	1	10	10	39	4.5	0	25	620
Supreme		106	260	26	2	11	12	42	5	0	30	690
3/29/11		91	210	26	2	10	8	34	4	0	20	550
Italian Sausage & Red Onion		99	240	27	2	10	11	41	4.5	0	25	590
Ham & Pineapple		91	200	27	1	9	7	31	3.5	0	20	560
Veggie Lover's		102	200	27	2	9	7	31	3.5	0	15	540
Meat Lover's		105	300	25	1	14	16	48	7	0	40	870
Hawaiian Luau		98	240	27	1	10	10	37	4.5	0	25	650
Dan's Original		103	260	26	2	12	12	42	5	0	30	670
Triple Meat Italiano		96	260	25	1	12	12	42	5	0	30	740
Spicy Sicilian		99	250	26	2	10	11	40	5	0	25	740

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
12" Fit 'n Delicious Pizza												
Chicken, Red Onion & Green Pepper		95	180	23	1	11	4.5	22	2	0	20	510
Chicken, Mushrooms & Jalapeño		93	170	22	1	11	4.5	24	1.5	0	20	720
Ham, Red Onion & Mushroom		84	160	23	1	8	4.5	25	1.5	0	15	550
Ham, Pineapple & Diced Red Tomato		84	160	24	1	7	4.5	25	1.5	0	15	550
Green Pepper, Red Onion & Diced Red Tomato		89	150	24	2	6	4	24	1.5	0	10	400
Diced Red Tomato, Mushroom & Jalapeño		87	150	23	2	6	4	3.6	1.5	0	10	610
12" Pizza Mia Pizza												
Cheese Only		74	200	24	1	9	7	31	4	0	15	490
Pepperoni		72	200	24	1	8	8	36	3.5	0	15	510
14" Large Pan Pizza												
Cheese Only		129	360	37	2	15	17	42	7	0	35	740
Pepperoni		128	380	36	2	15	19	45	7	0	35	840
Supreme		158	420	38	2	17	23	49	8	0	45	920
Pepperoni & Mushroom		136	350	37	2	14	17	44	6	0	30	730
Italian Sausage & Red Onion		148	390	38	2	15	20	46	7	0	35	770
Ham & Pineapple		137	340	39	2	14	15	39	5	0	25	740
Veggie Lover's		149	330	38	2	13	15	41	5	0	20	690
Meat Lover's		160	480	37	2	20	28	52	10	0.5	60	1180
Hawaiian Luau		145	380	39	2	15	18	43	6	0	35	860
Dan's Original		154	420	37	2	17	22	47	8	0	40	880
Triple Meat Italiano		146	420	37	2	18	23	49	8	0	45	1000
Spicy Sicilian		148	400	38	2	16	21	47	7	0	35	960
14" Large Thin 'N Crispy Pizza												
Cheese Only		88	260	29	1	12	11	38	6	0	35	740
Pepperoni		87	280	28	1	13	13	42	6	0	35	850
Supreme		120	330	30	2	15	17	46	7	0	45	930
Pepperoni & Mushroom		99	260	29	1	12	11	38	5	0	30	740
Italian Sausage & Red Onion		110	300	30	1	13	14	42	6	0	35	780
Ham & Pineapple		100	240	31	1	11	9	34	4	0	25	750
Veggie Lover's		117	240	30	2	10	9	34	4	0	20	710
Meat Lover's		117	390	28	1	18	23	53	9	0.5	60	1210
Hawaiian Luau		110	300	31	1	13	14	42	6	0	35	900
Dan's Original		115	320	29	1	15	16	45	7	0	40	890
Triple Meat Italiano		103	320	28	1	15	17	48	7	0	45	1000
Spicy Sicilian		110	300	30	2	13	15	45	6	0	35	1020
14" Large Hand-Tossed Style Pizza												
Cheese Only		123	320	38	2	15	12	34	6	0	35	820

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Pepperoni		121	340	37	2	15	14	37	6	0	35	920
Supreme		152	380	38	2	17	18	43	8	0.5	45	1000
Pepperoni & Mushroom		131	310	38	2	14	12	35	6	0	30	810
Italian Sausage & Red Onion		142	350	39	2	15	15	39	7	0	35	850
Ham & Pineapple		131	300	39	2	13	10	30	5	0	25	820
Veggie Lover's		144	290	39	3	12	10	31	4.5	0	20	770
Meat Lover's		153	440	38	2	20	23	47	10	0.5	60	1270
Hawaiian Luau		140	340	40	2	15	14	37	6	0	35	940
Dan's Original		147	380	38	2	17	18	43	8	0	40	960
Triple Meat Italiano		139	380	38	2	17	18	43	8	0	45	1080
Spicy Sicilian		142	360	38	2	15	16	40	7	0	35	1050
14" Large Stuffed Crust Pizza												
Cheese Only		132	350	39	2	16	14	36	8	0	40	910
Pepperoni		134	380	38	2	17	17	40	8	0	45	1050
Supreme		163	420	40	2	18	21	45	10	0.5	55	1140
Pepperoni & Mushroom		142	350	39	2	16	15	39	7	0	40	940
Italian Sausage & Red Onion		153	390	40	2	17	18	42	8	0	45	980
Ham & Pineapple		143	340	41	2	15	13	34	7	0	35	950
Veggie Lover's		155	330	40	3	14	13	35	7	0	35	900
Meat Lover's		165	480	39	2	22	26	49	12	0.5	70	1390
Hawaiian Luau		151	380	41	2	17	16	39	8	0	45	1070
Dan's Original		159	420	39	2	19	21	45	9	0	50	1090
Triple Meat Italiano		151	420	39	2	19	21	45	10	0	55	1210
Spicy Sicilian		153	400	40	2	17	19	43	9	0.5	50	1170
6" Personal Pan Pizza Whole Pizza												
Cheese Only		207	590	69	3	26	24	37	10	0.5	55	1290
Pepperoni		201	610	67	3	26	26	38	10	0.5	55	1410
Supreme		256	720	69	4	30	36	45	14	1	80	1680
Pepperoni & Mushroom		214	570	68	4	24	23	36	9	0	45	1250
Italian Sausage & Red Onion		244	690	71	4	28	32	42	12	0	65	1440
Ham & Pineapple		215	550	71	3	23	20	33	8	0	45	1260
Veggie Lover's		233	550	70	4	22	20	33	8	0	35	1190
Meat Lover's		263	830	68	3	36	46	50	17	1	100	2110
Hawaiian Luau		227	620	71	3	26	25	36	10	0	55	1440
Dan's Original		251	720	69	4	31	36	45	13	0.5	75	1600
Triple Meat Italiano		239	730	68	3	32	36	44	13	0.5	80	1770
Spicy Sicilian		245	680	69	4	29	32	42	12	1	70	1730
P'Zone Pizza 1/2 Order												
Classic		235	630	77	3	28	23	33	11	0.5	65	1460
Pepperoni		219	630	76	2	29	24	34	11	0.5	70	1570
Meaty		246	710	76	2	32	31	39	14	1	85	1800
Marinara Dipping Sauce (3 oz)		85	60	12	2	2	0	0	0	0	0	440

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tuscani Pastas 1/2 Pan												
Lasagna		321	600	43	5	31	33	49	14	1.5	100	1600
Chicken Alfredo		323	630	56	4	27	33	47	11	0.5	70	1180
Meaty Marinara		315	520	50	6	26	24	42	10	1	80	1310
Bacon Mac N Cheese		324	520	54	4	24	22	38	12	0.5	60	1170
Big Eat Tiny Price Menu Whole Pizza												
9" Personal PANormous Pizza												
Cheese Only		402	1100	124	6	48	45	37	19	1	105	2400
Pepperoni		387	1100	121	6	47	48	39	18	1	100	2540
Supreme		488	1270	125	7	54	62	44	24	1.5	130	2920
Pepperoni & Mushroom		419	1050	123	7	45	42	36	16	1	85	2290
Italian Sausage & Red Onion		464	1210	128	7	50	56	42	21	1	110	2550
Ham & Pineapple		421	1020	128	6	43	37	33	14	0.5	80	2300
Veggie Lover's		463	1010	127	8	42	38	34	14	0.5	70	2240
Meat Lover's		491	1470	123	6	64	80	49	30	1.5	175	3670
Hawaiian Luau		446	1150	129	6	49	49	38	18	1	105	2670
Dan's Original		477	1270	124	7	55	62	44	23	1	125	2810
Triple Meat Italiano		447	1280	123	6	56	62	44	23	1	135	3070
Spicy Sicilian		463	1220	126	7	51	57	42	22	1.5	115	3150
Stuffed Pizza Rollers Each												
Stuffed Pizza Rollers		76	230	24	1	9	10	39	4.5	0	25	590
Ranch Dipping Sauce (1.5 oz)		43	220	2	0	0	23	94	3.5	0	10	420
Marinara Dipping Sauce (3 oz)		85	60	12	2	2	0	0	0	0	0	440
Appetizers												
Baked Hot Wings (2 pieces)		44	100	1	0	10	6	54	2	0	55	430
Baked Mild Wings (2 pieces)		44	110	1	0	10	7	57	2	0	55	430
Wing Ranch Dipping Sauce (1.5 oz)		43	220	2	0	0	23	94	3.5	0	10	420
Wing Blue Cheese Dipping Sauce (1.5 oz)		43	230	2	0	1	24	94	4.5	0	20	420
Breadsticks (each)		44	150	19	1	5	7	42	2	0	0	250
Cheese Breadsticks (each)		56	180	20	1	7	7	35	3.5	0	15	370
Marinara Dipping Sauce (3 oz)		85	60	12	2	2	0	0	0	0	0	440
Desserts												
Cinnamon Sticks (2 pieces)		55	170	26	1	4	6	32	1.5	0	0	200
White Icing Dipping Cup (2 oz)		57	170	44	0	0	0	0	0	0	0	5
HERSHEY'S Chocolate Dunkers (2 pieces)		60	200	26	1	5	9	40	4	0	0	210
HERSHEY'S Chocolate Sauce (1.5 oz)		43	120	24	1	1	2.5	19	1	0	0	75
Bone Out Wings 2 pieces												
All American		54	150	11	1	10	8	48	1.5	0	20	490
Buffalo Mild		73	190	18	1	10	9	43	1.5	0	20	1020
Buffalo Medium		73	190	18	1	10	9	43	1.5	0	20	990
Buffalo Burnin Hot		73	190	18	1	10	8	38	1.5	0	20	1000
Honey BBQ		82	220	27	1	10	8	33	1.5	0	20	720

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Spicy Asian		80	210	24	1	10	8	34	1.5	0	20	690
Garlic Parmesan		71	260	11	1	11	19	66	3.5	0	20	710
Spicy BBQ		81	200	21	1	10	8	36	1.5	0	25	940
Cajun		77	200	21	1	10	8	36	1.5	0	20	790
Crispy Bone In Wings*												
All American		55	200	8	1	9	14	63	2.5	0	45	500
Buffalo Mild		75	230	16	1	9	15	59	3	0	45	1040
Buffalo Medium		75	230	16	2	9	15	59	3	0	45	1010
Buffalo Burnin Hot		75	230	16	1	9	15	59	3	0	45	1020
Honey BBQ		83	260	24	1	10	14	48	3	0	45	740
Spicy Asian		82	250	21	1	10	14	50	2.5	0	45	710
Garlic Parmesan		72	300	9	1	10	25	75	5	0	45	730
Spicy BBQ		82	240	19	1	9	14	52	2.5	0	50	950
Cajun		79	240	19	2	10	14	52	3	0	45	810
Traditional Wings*												
All American		39	80	0	0	7	5	56	1.5	0	40	290
Buffalo Mild		59	110	8	1	8	6	49	1.5	0	40	830
Buffalo Medium		59	110	8	1	8	6	49	1.5	0	40	800
Buffalo Burnin Hot		59	110	8	1	8	6	49	1.5	0	40	810
Honey BBQ		67	140	16	0	8	5	32	1.5	0	40	530
Spicy Asian		65	130	13	0	8	5	35	1.5	0	40	500
Garlic Parmesan		56	180	1	0	8	16	80	3.5	0	45	520
Spicy BBQ		66	120	11	0	8	5	37	1.5	0	45	750
Cajun		63	120	11	1	8	5	37	1.5	0	40	600
Side items												
Apple Pie (2 pies)		87	330	40	2	2	17	46	5	0	0	190
Fried Cheese Sticks (4 pcs)		119	380	29	2	13	24	57	9	2	40	1020
Wedge Fries (1/2 order)		123	320	35	3	4	18	51	3.5	0	0	530
Beverages												
Mountain Dew		16oz	220	58	0	0	0	0	0	0	0	70
Mountain Dew		22oz	300	80	0	0	0	0	0	0	0	100
Mountain Dew		32oz	440	116	0	0	0	0	0	0	0	140
Pepsi		16oz	200	56	0	0	0	0	0	0	0	50
Pepsi		22oz	280	77	0	0	0	0	0	0	0	70
Pepsi		32oz	400	112	0	0	0	0	0	0	0	100
Diet Pepsi		16oz	0	0	0	0	0	0	0	0	0	50
Diet Pepsi		22oz	0	0	0	0	0	0	0	0	0	70
Diet Pepsi		32oz	0	0	0	0	0	0	0	0	0	100
Sierra Mist		16oz	200	54	0	0	0	0	0	0	0	40
Sierra Mist		22oz	275	74	0	0	0	0	0	0	0	60
Sierra Mist		32oz	400	108	0	0	0	0	0	0	0	80

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
SANDWICHES												
6" Low Fat Sandwiches with 6 Grams of Fat or Less.												
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
6" Black Forest Ham		219	290	47	5	18	4.5	14	1	0	25	1200
6" Oven Roasted Chicken		233	320	49	5	23	4.5	13	1	0	25	750
6" Roast Beef		233	310	45	5	26	4.5	13	1.5	0	25	800
6" Subway Club		240	320	47	5	26	5	14	1.5	0	35	1140
6" Sweet Onion Chicken Teriyaki		276	380	60	5	26	4.5	11	1	0	50	1010
6" Turkey Breast		219	280	47	5	18	3.5	11	1	0	20	920
6" Turkey Breast & Black Forest Ham		228	300	47	5	19	4	12	1	0	25	1140
6" Veggie Delite		162	230	45	5	8	2.5	10	0.5	0	0	410
6" Flatbread Sandwiches with 7 Grams of Fat or Less.												
Values include 6" flatbread, lettuce, tomatoes, onions, green peppers and cucumbers.												
Double values for approximate footlong flatbread nutrition.												
Black Forest Ham on Flatbread		228	300	43	3	18	7	21	1.5	0	25	1240
Oven Roasted Chicken on Flatbread		242	330	45	3	23	7	19	1.5	0	25	780
Roast Beef on Flatbread		242	320	42	3	26	7	20	2	0	25	840
Subway Club on Flatbread		258	330	44	3	26	7	19	1.5	0	35	1180
Sweet Onion Chicken Teriyaki on Flatbread		284	390	56	3	26	7	16	1.5	0	50	1050
Turkey Breast on Flatbread		228	300	43	3	18	6	18	1	0	20	950
Turkey Breast & Black Forest Ham on Flatbread		237	310	44	3	19	7	20	1.5	0	25	1180
Veggie Delite on Flatbread		171	240	41	3	8	5	19	1	0	0	450
Low Fat Footlong Sandwiches.												
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
Footlong Black Forest Ham		438	570	94	10	35	9	14	2.5	0	50	2400
Footlong Oven Roasted Chicken		466	640	97	11	46	9	13	2.5	0	45	1490
Footlong Roast Beef		466	630	91	11	52	9	13	3	0	55	1600
Footlong Subway Club		481	640	94	10	52	10	14	3	0	65	2270
Footlong Sweet Onion Chicken Teriyaki		551	760	120	10	51	9	11	2.5	0	100	2020
Footlong Turkey Breast		438	570	94	10	35	7	11	1.5	0	40	1830
Footlong Turkey Breast & Black Forest Ham		457	590	95	10	38	8	12	2	0	50	2280
Footlong Veggie Delite		325	460	90	10	17	5	10	1	0	0	830
6" Sandwiches. Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers, cucumbers and cheese.												
6" Big Philly Cheesesteak		304	520	53	6	39	18	31	9	1	90	1570
6" BLT		164	360	45	5	17	13	32	6	0	30	990
6" Chicken & Bacon Ranch		292	570	48	5	35	28	44	10	0.5	95	1190
6" Cold Cut Combo		244	410	48	5	21	16	35	6	0.5	60	1450
6" Italian B.M.T.		237	450	48	5	22	20	40	8	0.5	55	1730
6" Meatball Marinara		372	580	70	9	24	23	36	9	1	45	1530

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
6" Spicy Italian		233	520	47	5	22	28	48	11	0.5	65	1830
6" Steak & Cheese		245	380	50	5	26	10	24	4.5	0	50	1230
6" Subway Melt		249	380	48	5	25	11	26	5	0	45	1530
6" Tuna		245	530	45	5	21	30	51	6	0.5	45	930
Kids Meal Sandwiches. Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
Veggie Delite		108	150	30	3	6	1.5	9	0	0	0	280
Black Forest Ham		136	180	31	3	10	2.5	12	0.5	0	10	670
Roast Beef		146	200	30	4	15	3	13	1	0	15	480
Turkey Breast		146	190	31	3	12	2.5	12	0.5	0	15	610
6" Limited Time Offer/Regional Subs**												
Values include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers.												
6" Barbecue Rib Patty		240	430	48	5	19	18	38	6	0	50	730
6" Barbecue Chicken		233	310	53	6	15	5	14	1.5	0	35	1010
6" Buffalo Chicken (with regular Ranch dressing)		268	420	47	5	25	15	32	3	0	55	1290
6" The Feast		324	540	50	5	39	22	37	9	0.5	85	2450
6" LOW FAT Buffalo Chicken (with light Ranch)		268	370	54	5	25	6	15	1.5	0	55	1300
6" Chicken Pizziola (includes cheese)		291	450	51	6	31	15	30	6	0	75	1360
6" Pastrami, Big (includes cheese)		297	580	50	5	31	28	50	9	0	65	1810
6" Subway Seafood Sensation (includes cheese)		245	460	52	5	15	22	43	5	0.5	25	1050
6" Turkey Bacon Avocado (includes cheese)		268	420	51	7	24	15	32	5	0	40	1310
6" Veggie Patty		247	390	57	8	23	7	16	1	0	10	930
SALADS												
Salads with 6 g of fat or Less. Values include lettuce, tomatoes, onions, green peppers, cucumbers and olives. Values do not include dressing or croutons.												
Black Forest Ham		328	110	11	4	12	3	24	1	0	25	850
Oven Roasted Chicken Breast		342	130	9	4	19	2.5	17	0.5	0	50	270
Roast Beef		342	140	10	4	20	3.5	22	1	0	25	450
Subway Club		359	140	11	4	20	3.5	22	1	0	35	790
Sweet Onion Chicken Teriyaki		385	200	24	4	20	3	13	1	0	50	660
Turkey Breast		328	110	11	4	12	2	16	0.5	0	20	570
Turkey Breast & Ham		338	120	12	4	13	3	22	0.5	0	25	790
Veggie Delite		271	50	9	4	3	1	18	0	0	0	65
Salad Dressing												
Fat Free Italian		57	35	35	0	1	0	0	0	0	0	720
Ranch		57	290	290	0	1	30	93	4.5	0.5	15	540
BREAKFAST & PIZZA												
Egg Muffin Melts (with Egg White) Values include English muffin, egg white and cheese.												
Egg (White) & Cheese		105	140	18	5	12	3.5	22	1	1	5	490
Black Forest Ham, Egg (White) & Cheese		119	160	18	5	15	4	22	1.5	1.5	10	680

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Breakfast BMT (with Egg White)		142	210	19	5	17	8	34	3	3	20	920
Double Bacon, Egg (White) & Cheese		115	190	18	5	16	7	33	3	3	15	670
Mega**		138	290	18	5	18	17	53	7	7	30	840
Sausage, Egg (White) & Cheese**		134	270	18	5	16	15	50	6	6	25	750
Steak, Egg (White) & Cheese		122	170	19	5	16	4.5	24	1.5	1.5	15	630
Sunrise Subway Melt (with Egg White)		154	200	20	5	19	6	27	2.5	2.5	23	940
Western Egg (White) with Cheese		124	160	19	5	15	4	22	1.5	1.5	10	680
Egg Muffin Melts (with Regular Egg) Values include English muffin, regular egg and cheese												
Egg & Cheese		105	170	18	5	13	6	32	2	0	85	450
Black Forest Ham, Egg & Cheese		119	180	18	5	15	7	35	2	0	95	650
Breakfast BMT		142	230	19	6	17	11	43	4	0	105	890
Double Bacon, Egg & Cheese		115	220	18	5	16	10	41	3.5	0	95	640
Mega**		138	310	18	5	18	20	58	7	0	110	810
Sausage, Egg & Cheese**		134	290	18	5	16	18	56	7	0	105	710
Steak, Egg & Cheese		122	190	19	6	16	7	33	2.5	0	95	600
Sunrise Subway Melt		154	230	20	6	20	9	35	3	0	105	910
Western, Egg & Cheese		124	180	19	6	15	7	35	2	0	95	650
6" Omelet Sandwich (with Egg White) Values include 9-grain wheat bread, egg white and cheese.												
Egg & Cheese		105	170	18	5	13	6	32	2	0	85	450
Black Forest Ham, Egg & Cheese		119	180	18	5	15	7	35	2	0	95	650
Breakfast BMT		142	230	19	6	17	11	43	4	0	105	890
Double Bacon, Egg & Cheese		115	220	18	5	16	10	41	3.5	0	95	640
Mega**		138	310	18	5	18	20	58	7	0	110	810
Sausage, Egg & Cheese**		134	290	18	5	16	18	56	7	0	105	710
Steak, Egg & Cheese		122	190	19	6	16	7	33	2.5	0	95	600
Sunrise Subway Melt		154	230	20	6	20	9	35	3	0	105	910
6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.												
6" Egg & Cheese		189	420	45	4	18	8	17	3	0	10	1040
6" Black Forest Ham, Egg & Cheese		216.9	450	46	4	23	9	18	3.5	0	25	1430
6" Breakfast BMT		275.2	560	48	5	28	18	29	7	0	45	1920
6" Double Bacon, Egg & Cheese		207	520	46	4	25	15	26	6	0	30	1420
6" Mega**		255	710	46	4	29	35	44	14	0	55	1750
6" Sausage, Egg & Cheese**		245	670	45	4	25	31	42	12	0	45	1560
6" Steak, Egg & Cheese		231	490	47	4	27	10	18	4	0	35	1410
6" Sunrise Subway Melt		299	540	49	4	33	13	22	5	0	45	1960
6" Western, Egg & Cheese		226	450	47	4	23	9	18	3.5	0	25	1430
6" Omelet Sandwiches (with Regular Egg) Values include 9-grain wheat bread, regular egg and cheese.												
6" Egg & Cheese		189	420	46	5	22	18	39	7	0	190	1060
6" Black Forest Ham, Egg & Cheese		216.9	450	47	5	27	19	38	7	0	200	1450
6" Breakfast BMT		275.2	560	49	6	32	28	45	11	0.5	220	1940
6" Double Bacon, Egg & Cheese		207	520	47	5	29	25	43	11	0	210	1430
6" Mega**		255	710	47	5	33	45	57	18	0	235	1770
6" Sausage, Egg & Cheese**		245	670	46	5	30	41	55	16	0	225	1580
6" Steak, Egg & Cheese		231	490	48	5	31	20	37	8	0.5	210	1430

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
6" Sunrise Subway Melt		299	540	50	5	37	23	38	9	0.5	225	1980
6" Western, Egg & Cheese		226	450	47	5	27	19	38	7	0	200	1450
Omelet on 6" Flatbread (with Egg White) Values include 6" flatbread, egg white and cheese.												
Egg (White) & Cheese on Flatbread		183	330	41	2	18	10	27	3	0	10	1080
Black Forest Ham, Egg (White) & Cheese on Flatbread		211	360	42	2	23	11	27	3.5	0	25	1470
Breakfast BMT (with Egg White) on Flatbread		270	470	45	2	28	20	38	7	0	45	1960
Double Bacon, Egg (White) & Cheese on Flatbread		202	430	42	2	25	17	35	7	0	30	1450
Mega** on Flatbread		249	620	42	2	29	37	54	14	0	60	1780
Sausage, Egg (White) & Cheese** on Flatbread		240	580	42	2	25	34	53	12	0	50	1600
Steak, Egg (White) & Cheese on Flatbread		225	400	44	2	27	13	29	4	0	35	1450
Sunrise Subway Melt (with Egg White)		293	450	46	2	33	16	32	5	0	45	1990
Western Egg (White) with Cheese on Flatbread		221	370	43	2	23	11	27	3.5	0	25	1470
Omelet on Flatbread (with Regular Egg) Values include 6" flatbread, regular egg and cheese.												
Egg & Cheese on Flatbread		197	440	42	3	22	20	41	7	0	190	1100
Black Forest Ham, Egg & Cheese on Flatbread		225	460	43	3	27	21	41	8	0	200	1490
Breakfast BMT on Flatbread		284	570	45	3	32	30	47	11	0.5	220	1970
Double Bacon, Egg & Cheese on Flatbread		216	530	43	3	29	27	46	11	0	210	1470
Mega** on Flatbread on Flatbread		263	730	43	3	33	47	58	18	0	235	1800
Sausage, Egg & Cheese** on Flatbread		254	680	43	3	30	44	58	17	0	230	1620
Steak, Egg & Cheese on Flatbread		240	500	44	3	31	23	41	8	0.5	210	1460
Sunrise Subway Melt on Flatbread		307	550	46	3	37	26	42	10	1	225	2010
Western, Egg & Cheese on Flatbread		235	470	44	3	27	21	40	8	0	200	1490
Breakfast Sides												
Hash Browns (4 pc)**		74	150	17	2	1	9	54	1	0	0	440
8" Pizza**												
Cheese		293	680	96	4	32	22	29	9	0	40	1070
Cheese & Veggies		381	740	100	5	36	25	30	11	0	50	1270
Pepperoni		323	790	96	4	38	32	36	13	0	60	1350
Sausage		336	820	97	4	39	34	37	14	0	70	1420
BREAD & CONDIMENTS												
Breads												
6" Italian (White) Bread		71	200	38	1	7	2	9	0.5	0	0	390
6" 9-Grain Wheat Bread		78	210	41	4	8	2	8	0.5	0	0	410
6" Parmesan Oregano Bread		75	220	41	2	8	2.5	10	1	0	0	620
6" Honey Oat		89	260	49	5	9	3	10	0.5	0	0	430

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
6" Hearty Italian Bread**		75	220	41	2	8	2	8	1	0	0	390
6" Monterey Cheddar**		82	240	39	1	10	5	18	3	0	10	460
6" Italian Herbs & Cheese		82	250	41	2	10	5	18	2	0	10	590
6" Roasted Garlic**		82	230	45	2	8	2.5	10	0.5	0	0	1360
6" Flatbread		87	230	38	2	8	4.5	18	0.5	0	0	450
English Muffin		57	90	16	5	7	0.5	5	0	0	0	170
Mini Italian Bread		47	130	26	1	5	1.5	10	0	0	0	260
Mini Wheat Bread		52	140	28	3	5	1.5	10	0	0	0	270
Wrap**		103	310	51	1	8	8	23	2.5	0	0	610
Sandwich Condiments (amount on 6-inch sub or flatbread)												
Bacon (2 strips)		9	45	0	0	3	3.5	70	1.5	0	10	190
Chipotle Southwest Sauce		21	100	1	0	0	10	90	1.5	0	10	220
Honey Mustard Sauce, Fat Free		21	30	7	0	0	0	0	0	0	0	120
Light Mayonnaise (1 T)		15	50	<1	0	0	5	90	1	0	5	100
Mayonnaise (1 T)		15	110	0	0	0	12	98	2	0	10	80
Mustard yellow or deli brown (2 tsp)		10	5	<1	0	0	0	0	0	0	0	115
Olive Oil Blend (1 tsp)		5	45	0	0	0	5	1	0	0	0	0
Pepperoni, 3 slices		18	70	1	0	3	6	77	2	0	15	320
Ranch Dressing		21	110	1	0	0	11	90	1.5	0	5	200
Red Wine Vinaigrette, Fat Free**		21	30	6	0	0	0	0	0	0	0	340
Sweet Onion Sauce, Fat Free		21	40	9	0	0	0	0	0	0	0	85
Vinegar (1 tsp)		8	0	0	0	0	0	0	0	0	0	0
Vegetables (amount on 6-inch sub or 6" flatbread)												
Banana Peppers (3 rings)		4	0	0	0	0	0	0	0	0	0	20
Cucumbers (3 slices)		17	<5	<1	0	0	0	0	0	0	0	0
Green Peppers (3 strips)		7	0	0	0	0	0	0	0	0	0	0
Jalapeno Peppers (3 rings)		4	<5	0	0	0	0	0	0	0	0	70
Lettuce		21	<5	0	0	0	0	0	0	0	0	0
Onions		7	<5	1	0	0	0	0	0	0	0	0
Pickles (3 chips)		9	0	0	0	0	0	0	0	0	0	115
Olives (3 rings)		3	<5	0	0	0	0	0	0	0	0	25
Tomatoes (3 wheels)		34	5	2	0	0	0	0	0	0	0	0
Cheese (amount on 6-inch sub, 6" flatbread or salad)												
American, Processed		11	40	1	0	2	3.5	78	2	0	10	200
Monterey Cheddar, Shredded		14	50	1	0	3	4.5	81	3	0	15	90
Mozzarella, Shredded		14	40	0	0	3	3	67	2	0	10	100
Natural Cheddar**		15	60	0	0	4	5	75	3	0	15	100
Pepperjack**		14	50	0	0	3	4	72	2.5	0	15	140
Provolone**		14	50	0	0	4	4	72	2	0	10	125
Swiss**		14	50	0	0	4	4.5	81	2.5	0	15	30
Individual Meats (amount on 6" sub or salad)												
Chicken Patty, Roasted		71	90	4	0	15	2.5	25	0.5	0	25	330
Chicken Strips		71	80	0	0	16	1.5	17	0.5	0	50	210
Cold Cut Combo Meats		71	140	2	0	10	11	71	3.5	0	50	830
Egg Patty (regular)		85	110	3	1	9	8	65	2	0	160	360

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Egg White Patty		85	70	3	0	8	2	26	0	0	0	430
Ham		57	60	2	0	9	2	30	0.5	0	25	790
Italian B.M.T. Meats		64	180	2	0	11	14	70	5	0	45	1120
Meatballs		198	310	25	4	13	17	49	6	0.5	30	910
Roast Beef		71	80	1	0	18	2.5	28	1	0	25	430
Sausage, Breakfast		57	240	1	0	7	24	90	9	0	35	520
Seafood Sensation**		71	190	7	0	5	16	76	2.5	0	15	430
Steak (no cheese)		71	110	4	0	15	4	33	2	0	35	560
Subway Club Meats		78	90	2	0	17	2.5	25	1	0	35	750
Tuna		71	260	0	0	10	24	83	4	0	35	310
Turkey Breast		57	50	2	0	9	1	18	0	0	20	500
Veggie Patty**		85	160	12	3	15	5	28	0.5	0	10	520
DESSERTS, SIDES & BEVERAGES												
Cookies & Desserts												
Chocolate Chip		45	210	30	1	2	10	43	6	0	15	150
Chocolate Chunk**		45	220	30	<1	2	10	41	5	0	10	100
Double Chocolate Chip**		45	210	30	1	2	10	43	6	0	15	170
M & M**		45	210	32	<1	2	10	43	5	0	10	100
Oatmeal Raisin		45	200	30	1	3	8	36	4	0	15	170
Peanut Butter**		45	220	26	1	4	12	49	5	0	15	190
Sugar**		45	220	28	<1	2	12	49	6	0	15	140
White Chip Macadamia Nut		45	220	29	<1	2	11	45	5	0	15	160
Apple Pie**		71	250	37	1	0	10	36	2	n/a	0	290
Apple Slices - 1 package		71	35	9	2	0	0	0	0	0	0	0
Yogurt Dannon Light & Fit		170	80	16	0	5	0	0	0	0	<5	80
Chips												
Baked Lay's		32	130	23	2	2	2	14	0	0	0	200
Baked Lay's** Sour Cream & Onion		32	140	24	2	3	3.5	22	0.5	0	0	240
Doritos Nacho		50	250	30	2	4	13	47	2.5	0	<5	310
Lays Classic		43	230	23	2	3	15	59	1.5	0	0	270
Sunchips Harvest Cheddar		43	210	29	3	4	9	39	1.5	0	0	240
Chips, 1 bag		25-57	75-340	13-36	0-3	0-7	0-22	58	0-4.5	0	0-35	150-940
Beverages												
Bottled Juice/Drink		15	0-300	54-68	0	0	0	0	0	0	0	40-160
Fountain Drink/Sweetened Tea, Regular - 16 oz, no ice		16	120-240	34-66	0	0	0	0	0	0	0	0-110
Fountain Drink, Diet/Unsweetered Tea - 16 oz, no ice		16	0-10	0	0	0	0	0	0	0	0	0-60
Fountain Drink/Sweetened Tea, Regular - 21 oz, no ice		21	160-320	45-87	0	0	0	0	0	0	0	0-140
Fountain Drink, Diet/Unsweetered Tea - 21 oz, no ice		21	0-15	0	0	0	0	0	0	0	0	0-80
Fountain Drink/Sweetened Tea, Regular - 32 oz, no ice		32	250-490	69-132	0	0	0	0	0	0	0	0-210

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Fountain Drink, Diet/Unsweetered Tea - 32 oz, no ice		32	0-25	0	0	0	0	0	0	0	0	0-60
Fountain Drink/Sweetened Tea, Regular - 44 oz, no ice		44	340-680	95-182	0	0	0	0	0	0	0	0-290
Fountain Drink, Diet/Unsweetered Tea - 44 oz, no ice		44	0-35	0	0	0	0	0	0	0	0	0-110
Juice Box		6	100	24	0	0	0	0	0	0	0	15
Milk, Low Fat***		12	160	19	0	12	3.5	20	2.5	0	20	180
Milk, Chocolate Flavored Reduced F Fat***		12	300	43	<1	15	8	24	5	0	35	300
Milk, Strawberry Flavored Reduced Fat**		12	300	44	0	15	7	21	4.5	0	35	220
Soup** (10 oz bowl)												
Chicken Tortilla		10	110	11	3	6	1.5	12	0.5	0	10	440
Chipotle Chicken Corn Chowder		10	140	22	2	6	3	19	1.5	0	15	900
Chicken & Dumpling		10	170	23	2	8	5	26	2	0	35	810
Chili Con Carne		10	340	35	10	20	11	29	5	0	60	950
Cream of Potato with Bacon		10	240	26	3	5	13	49	5	0	15	870
Fire-Roasted Tomato Orzo		10	130	24	2	6	1	7	0.5	0	5	410
Golden Broccoli & Cheese		10	180	16	4	5	11	55	5	0	25	990
Minestrone		10	90	17	3	4	1	10	0	0	<5	910
New England Style Clam Chowder		10	150	20	4	6	5	30	1	0	10	990
Roasted Chicken Noodle		10	80	12	1	6	2	22	0.5	0	15	950
Rosemary Chicken and Dumpling		10	90	14	1	6	1.5	15	0.5	0	25	810
Spanish Style Chicken & Rice with Pork		10	110	16	1	6	2.5	20	1	0	5	980
Tomato Garden Vegetable w/ Rotini		10	90	20	3	3	0.5	5	0	0	0	820
Vegetable Beef		10	100	17	3	5	2	18	0.5	0	10	960
Wild Rice with Chicken		10	230	26	1	6	11	43	3.5	0	50	900

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Burritos												
1/2 lb.* Cheesy Potato Burrito		248	550	59	7	19	26	43	8	0.5	50	1500
1/2 lb.* Combo Burrito		241	460	52	10	22	18	35	7	0.5	50	1520
1/2 lb.* Nacho Crunch Burrito		234	520	54	7	19	25	43	8	0.5	50	1290
7-Layer Burrito		283	510	69	13	18	18	32	6	0	20	1300
Bean Burrito		198	370	56	11	14	10	24	3.5	0	5	1150
Beefy 5-Layer Burrito		248	560	70	10	20	22	35	8	0	35	1470
Beefy Crunch Burrito		220	510	61	5	15	22	39	6	0	30	1250
Burrito Supreme – Beef		248	420	53	9	17	15	32	6	0	35	1260
Burrito Supreme – Chicken		248	400	52	8	21	12	27	5	0	40	1300

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Burrito Supreme - Steak		248	390	51	8	18	13	30	5	0	30	1230
Cheesy Bean and Rice Burrito		227	490	60	8	13	21	39	5	0	10	1260
Cheesy Double Beef Burrito		227	470	54	6	18	20	38	6	0.5	40	1460
Chili Cheese Burrito		156	380	41	5	16	17	40	8	0.5	35	930
Fresco Bean Burrito		213	350	56	12	13	8	21	2.5	0	0	1170
Grilled Chicken Burrito		177	430	49	3	18	18	38	5	0	40	1160
Grilled Stuff Burrito – Beef		325	700	80	13	27	30	39	10	1	60	1930
Grilled Stuff Burrito – Chicken		325	660	77	9	34	24	33	7	0	70	2010
Grilled Stuff Burrito – Chicken Enchilada		337	690	79	6	36	26	34	10	0.5	85	1970
Grilled Stuff Burrito – Steak		325	640	76	9	29	25	35	8	0	50	1860
Chalupas												
Chalupa Baja – Beef		153	410	31	5	13	26	58	5	0.5	35	730
Chalupa Baja – Chicken		153	390	29	3	16	23	54	4	0	35	760
Chalupa Baja – Steak		153	380	29	3	13	23	54	4	0	30	690
Chalupa Nacho Cheese – Beef		153	370	31	4	12	22	56	3.5	0	20	730
Chalupa Nacho Cheese – Chicken		153	340	30	3	15	18	48	2	0	25	770
Chalupa Nacho Cheese – Steak		153	330	30	3	12	19	52	2.5	0	15	700
Chalupa Supreme – Chicken		153	350	30	3	17	18	46	4	0	35	640
Chalupa Supreme – Steak		153	340	29	3	14	18	48	4	0	30	570
Chalupa Supreme – Beef		153	370	31	4	13	21	51	5	0.5	35	600
XXL Chalupa		266	650	53	7	23	39	54	9	1	55	1300
Condiments and Sauces												
Border Sauce – Fire		7	0	0	0	0	0	0	0	0	0	60
Border Sauce – Hot		7	0	0	0	0	0	0	0	0	0	45
Border Sauce – Mild		7	0	0	0	0	0	0	0	0	0	35
Creamy Jalapeno Sauce		14	70	1	0	0	7	90	1	0	5	50
Fiesta Salsa		21	5	1	1	0	0	0	0	0	0	60
Fire Roasted Salsa		6	0	1	0	0	0	0	0	0	0	45
Green Tomatillo Sauce		28	10	2	0	0	0	0	0	0	0	170
Guacamole		21	35	2	1	0	3	77	0	0	0	85
Pepper Jack Sauce		14	70	1	0	0	7	90	1	0	5	85
Pizza Sauce		28	10	2	0	0	0	0	0	0	0	90
Red Sauce		28	10	2	0	0	0	0	0	0	0	240
Reduced Fat Sour Cream		21	30	2	0	1	2	60	1	0	5	20
Salsa		21	5	1	0	0	0	0	0	0	0	80
Salsa Verde		6	0	1	0	0	0	0	0	0	0	55
Spicy Avocado Ranch Dressing		14	80	1	0	0	8	90	1	0	10	120
Zesty Dressing		43	200	3	0	1	20	90	3.5	0	0	250
Drive-Thru Diet Menu												
Fresco Bean Burrito		213	350	56	12	13	8	21	2.5	0	0	1170
Fresco Burrito Supreme – Chicken		241	350	50	8	19	8	21	2.5	0	25	1290
Fresco Burrito Supreme – Steak		241	340	50	8	16	8	21	2.5	0	15	1220
Fresco Chicken Soft Taco		135	170	22	3	12	4	21	1	0	25	680

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Fresco Crunchy Taco		92	150	13	3	7	7	42	2.5	0	20	350
Fresco Grilled Steak Soft Taco		128	160	21	2	9	4.5	25	1.5	0	15	550
Fresco Soft Taco		113	190	22	4	8	7	33	3	0	20	580
Gorditas												
Cheesy Gordita Crunch		174	500	40	5	20	28	50	10	0.5	55	880
Gordita Baja – Beef		153	340	30	4	13	18	48	5	0	35	710
Gordita Baja – Chicken		153	320	29	3	16	15	42	3.5	0	35	750
Gordita Baja – Steak		153	310	28	3	14	15	44	3.5	0	30	680
Gordita Nacho Cheese – Beef		153	290	31	4	12	14	43	3	0	20	720
Gordita Nacho Cheese – Chicken		153	270	30	2	15	10	33	1.5	0	25	760
Gordita Nacho Cheese – Steak		153	260	29	2	12	11	38	2	0	15	690
Gordita Supreme – Beef		153	300	31	4	13	13	39	5	0	35	590
Gordita Supreme – Chicken		153	270	29	2	17	10	33	3.5	0	35	630
Gordita Supreme – Steak		153	270	29	2	14	11	37	4	0	30	550
Nachos												
Cheesy Nachos		71	280	28	2	4	17	55	1.5	0	0	300
Nachos		99	330	31	2	4	21	57	2	0	0	520
Nachos BellGrande		305	770	78	15	20	42	49	7	0.5	30	1300
Nachos Supreme		191	440	42	8	13	24	50	5	0	30	800
Triple-Layer Nachos		142	350	39	7	7	18	46	1.5	0	0	740
Volcano Nachos		354	980	88	16	22	61	56	9	0.5	40	1870
Sides												
Caramel Apple Empanada		85	310	39	2	3	15	44	2.5	0	0	310
Cheesy Fiesta Potatoes		135	270	28	3	4	16	53	2.5	0	5	840
Cinnamon Twists		35	170	26	1	1	7	37	0	0	0	200
Mexican Rice		85	130	21	1	2	3.5	24	0	0	0	410
Pintos 'n Cheese		128	170	19	9	10	6	32	2.5	0	10	750
Specialties												
Cheese Quesadilla		142	480	40	4	19	27	51	11	0.5	50	1000
Cheese Roll-Up		64	200	19	2	9	10	45	5	0	20	480
Chicken Flatbread Sandwich		109	290	23	2	15	15	47	3.5	0	35	720
Chicken Quesadilla		184	530	41	4	28	28	48	12	0.5	75	1320
Chili Cheese Burrito		156	380	41	5	16	17	40	8	0.5	35	930
Crunchwrap Supreme		254	540	71	7	17	21	35	7	0	30	1220
Enchirito – Beef		213	370	35	9	19	17	41	8	0.5	45	1380
Enchirito – Chicken		213	350	34	7	22	14	36	7	0	50	1410
Enchirito – Steak		213	340	34	7	20	14	37	7	0	45	1340
Express Taco Salad w/ Chips		447	660	66	11	24	33	45	10	1	60	1490
Grilled Chicken Taquitos		128	320	38	3	18	11	31	4.5	0	40	880
Grilled Steak Taquitos		128	310	37	3	15	11	32	5	0	30	810
Mexican Pizza		213	540	47	8	21	30	50	8	0.5	45	1030
MexiMelt		128	280	23	4	15	14	45	7	0.5	45	820
Mini Quesadilla		60	190	18	2	9	9	43	5	0	20	450
Steak Quesadilla		184	520	41	4	25	28	48	12	1	65	1250

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Tostada		170	250	29	10	11	10	36	3.5	0	15	730
Taco Salads												
Chicken Ranch Taco Salad		420	910	70	9	34	55	54	10	0.5	70	1560
Chipotle Steak Taco Salad		420	900	68	8	28	57	57	11	0.5	65	1600
Express Taco Salad w/ Chips		447	660	66	11	24	33	45	10	1	60	1490
Fiesta Taco Salad		463	770	73	12	27	42	49	10	1	60	1550
Tacos												
Chicken Soft Taco		99	190	20	2	14	6	28	2.5	0	30	600
Crispy Potato Soft Taco		106	280	33	3	6	14	45	3	0	10	560
Crunchy Taco		78	170	12	3	8	10	53	3.5	0	30	330
Double Decker Taco		156	330	39	8	14	13	35	5	0	30	760
Double Decker Taco Supreme		191	360	41	9	15	16	40	6	0	35	780
Fresco Crunchy Taco		92	150	13	3	7	7	42	2.5	0	20	350
Grilled Steak Soft Taco		128	260	21	2	11	14	48	4	0	30	650
Soft Taco Supreme – Beef		135	240	24	4	11	11	41	5	0	35	590
Soft Taco-Beef		99	210	21	3	10	9	39	4	0	30	560
Taco Supreme		113	200	15	3	9	12	54	5	0	35	350
Volcano Menu												
Volcano Burrito		303	790	81	9	24	41	47	12	1	70	1770
Volcano Nachos		354	980	88	16	22	61	56	9	0.5	40	1870
Volcano Taco		92	230	14	3	8	16	63	5	0	35	440
Why Pay More! Menu												
Bean Burrito		198	370	56	11	14	10	24	3.5	0	5	1150
Beefy 5-Layer Burrito		248	560	70	10	20	22	35	8	0	35	1470
Caramel Apple Empanada		85	310	39	2	3	15	44	2.5	0	0	310
Cheese Roll-Up		64	200	19	2	9	10	45	5	0	20	480
Cheesy Nachos		71	280	28	2	4	17	55	1.5	0	0	300
Cinnamon Twists		35	170	26	1	1	7	37	0	0	0	200
Crispy Potato Soft Taco		106	280	33	3	6	14	45	3	0	10	560
Crunchy Taco		78	170	12	3	8	10	53	3.5	0	30	330
Fresco Bean Burrito		213	350	56	12	13	8	21	2.5	0	0	1170
Fresco Crunchy Taco		92	150	13	3	7	7	42	2.5	0	20	350
Grilled Chicken Burrito		177	430	49	3	18	18	38	5	0	40	1160
Mini Quesadilla		60	190	18	2	9	9	43	5	0	20	450
Soft Taco – Beef		99	210	21	3	10	9	39	4	0	30	560
Triple-Layer Nachos		142	350	39	7	7	18	46	1.5	0	0	740

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Sandwiches												
Single with Everything		241g	470	43	2	26	21	42	8	1	75	880
Double with Everything & Cheese		337g	750	44	2	49	42	50	18	2.5	155	1370
Triple with Everything & Cheese		434g	1030	44	2	71	63	55	29	3.5	240	1860
Jr. Hamburger		98	230	26	1	12	8	28	3	0	30	480
Jr. Cheeseburger		109g	270	27	1	15	11	37	5	0.5	40	690
Jr. Bacon Cheeseburger		140g	330	26	1	18	17	43	7	0.5	50	800
Double Stack		143g	360	27	1	23	18	45	8	1	70	760
Baconator Single		200g	610	43	1	32	34	50	14	1.5	105	1170
Baconator Double		312g	980	46	2	58	63	58	27	2.5	205	1830
Baconator Triple		424g	1360	49	2	84	91	60	40	4	305	2490
Bacon Deluxe Single		275g	650	46	2	34	37	51	15	1.5	110	1380
Bacon Deluxe Double		354g	870	46	2	53	52	54	22	2.5	180	1550
Bacon Deluxe Triple		450g	1150	47	2	76	73	57	32	3.5	265	2030
Ultimate Grill Chicken Sandwich		230g	370	42	2	34	7	19	1.5	0	90	1050
Spicy Chicken Sandwich		231g	470	53	3	30	16	31	3	0	55	1440
Homestyle Chicken Sandwich		230g	460	53	1	27	16	32	3	0	50	1140
Chicken Club Sandwich		265g	620	55	2	35	30	43	9	0	85	1400
Crispy Chicken Sandwich		140g	350	39	2	14	16	41	3	0	30	710
Kids' Meal												
Hamburger, Kids Meal		92g	220	26	1	12	8	30	3	0	30	480
Crispy Chicken Sandwich, Kids' Meal		135g	330	38	2	13	14	38	2.5	0	25	680
Cheeseburger Kids Meal		103g	270	26	1	14	11	37	5	0.5	40	690
Kids Meal French Fries		71g	210	27	2	3	10	43	1.5	0	0	170
4 Piece Kid's Meal Nuggets		60g	190	8	1	10	13	58	2.5	0	30	340
Garden Sensations Salads												
Apple Pecan Chicken Salad		354g	350	29	5	37	12	31	7	0	110	1210
Roasted Pecans		17g	110	5	1	1	9	74	1	0	0	60
Pomegranate Vinaigrette Dressing		62g	120	16	0	0	6	45	1	0	0	320
Baja Salad		529g	550	36	12	33	33	54	14	1	85	1610
Seasoned Tortilla Strips		17g	80	11	1	1	4.5	51	1.5	0	0	105
Creamy Red Jalapeno Dressing		31g	100	2	0	1	10	90	2	0	10	270
BLT Cobb Salad		397g	450	10	3	49	23	46	11	0	275	1840
Avocado Ranch Dressing		62g	200	3	0	1	21	95	3.5	0	15	430
Spicy Chicken Caesar Salad		340g	460	23	6	37	25	49	11	0.5	95	1400
Gourmet Croutons		18g	80	12	0	2	3	34	0	0	0	220
Lemon Garlic Caesar Dressing		62g	210	3	0	3	21	99	4	0	25	350
Frosty Treats												
Vanilla Frosty Small		227g	310	52	0	8	8	22	5	0	30	150
Chocolate Frosty Small		227g	310	52	0	8	8	22	5	0	25	140
Vanilla Frosty w/Pepsi		467g	390	76	0	7	7	16	5	0	30	135
Chocolate Fudge Frosty Shake, Sm		328g	410	69	1	8	11	24	7	0	69	190
Chocolate Fudge Frosty Shake, Lg		451g	540	94	1	11	13	22	8	0.5	40	270
Vanilla Bean Frosty Shake, Sm		321g	380	64	0	7	11	26	7	0	35	140

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Vanilla Bean Frosty Shake, Lg		447g	510	88	0	9	13	23	8	0.5	40	180
Strawberry Frosty Shake, Sm		324g	390	66	0	7	11	25	7	0	35	140
Strawberry Frosty Shake, Large		447g	510	89	1	9	13	23	8	0.5	40	180
Frosty Cino, Small		313g	380	63	0	7	11	26	7	0	35	140
Frosty Cino, Large		443g	510	87	0	9	13	23	8	0.5	40	180
Nestle Toll House Cookie Dough Twisted Frosty, Chocolate		257g	480	77	1	9	16	30	10	0	30	200
Nestle Toll House Cookie Dough Twisted Frosty, Vanilla		257g	480	77	1	9	16	30	10	0	35	210
M&M Twisted Frosty, Chocolate		269g	550	86	1	10	19	31	12	0	35	170
M&M Twisted Frosty, Vanilla		269g	560	87	1	10	19	31	12	0	40	170
Oreo Twisted Frosty, Chocolate		247g	440	72	1	9	14	29	7	0	25	290
Oreo Twisted Frosty, Vanilla		247g	440	72	1	9	14	29	7	0	30	290
Coffee Toffee Twisted Frosty, Chocolate		293g	540	83	1	9	20	33	15	0	35	230
Coffee Toffee Twisted Frosty, Vanilla		293g	540	83	1	8	20	33	15	0.5	40	230
Side Selections												
Garden Salad		98g	25	5	2	1	0	0	0	0	0	30
Caesar Side Salad		106g	60	5	2	4	3.5	50	2	0	10	95
Gourmet Croutons		18g	80	12	0	2	3	28	0	0	0	220
Lemon Garlic Caesar Dressing		31g	110	2	0	2	11	90	2	0	10	180
Small Chili		227g	220	22	6	18	7	27	3	0	35	870
Saltine Crackers		6g	25	5	0	0	0.5	20	0	0	0	80
Value French Fries		71g	210	27	2	3	10	43	1.5	0	0	170
Small French Fries		128g	340	43	4	4	17	43	2.5	1	0	280
Medium French Fries		142g	420	53	5	5	21	43	3	1	0	340
Large French Fries		184g	550	69	6	7	27	44	4	0	0	450
Crispy Chicken Nuggets												
5 Piece Chicken Nuggets		75g	240	10	1	13	16	61	3	0	35	420
10 Piece Nuggets		150g	480	20	2	25	33	62	6	0	75	840
Honey BBQ Boneless Wings		259g	620	71	0	37	21	30	3.5	0	85	1810
Sweet & Spicy Asian Boneless Wings		259g	600	64	1	37	21	32	3.5	0	85	2350
Spicy Chipotle Boneless Wings		234g	550	50	1	37	23	38	4	0	85	1510
Barbecue Nugget Sauce		28g	45	11	0	0	0	0	0	0	0	120
Sweet & Sour Sauce		28g	50	12	0	0	0	0	0	0	0	120
Honey Mustard Sauce		28g	130	6	0	0	12	84	2	0	10	220
Heartland Ranch Dipping Sauce		28g	120	3	0	0	12	90	1.5	0	10	240

Nutritional Information for food items at the following restaurants can be found at www.bddiabetes.com/ffg

Baja Fresh® • Baskin Robbins® • Carl's Jr.® • Dairy Queen®
Dennys® • Jack in the Box® • Jamba Juice® • Panda Express®

References

American Association of Diabetes Educators. The Art and Science of Diabetes Self-Management Education: A Desk Reference for Healthcare Professionals. pp. 651-668. 2006.

American Diabetes Association: Clinical Practice Recommendations 2007. Nutrition Recommendations and Interventions for Diabetes. Diabetes Care, Supplement 1, 30:S48-S65.

Food and Nutrition Board. Dietary Reference Intakes. Institute of Medicine, 2005
<http://www.iom.edu/CMS/3788.aspx>

Written by:

Ann Fittante, MS, RD, CDE
Seattle, WA

Assisted by:

Shirley Singh
Seattle, WA

BD provides this brochure for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

BD

1 Becton Drive

Franklin Lakes, NJ 07417-1883

1.888.BDCARES (232.2737)

www.bd.com/us/diabetes