

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												
Biscuit	1 each	82	273	28	1	5	15	51	4	0	1	786
Biscuit with Bacon	1 each	95	340	29	1	9	21	56	6	0	13	1028
Biscuit with Bacon, Egg, Cheese	1 each	158	461	30	1	17	28	54	8	0	169	1446
Biscuit with Chicken	1 each	132	417	39	1	15	23	49	5	1	17	1240
Biscuit with Ham	1 each	125	316	29	1	13	17	48	4	0	13	1240
Biscuit with Ham, Egg, Cheese	1 each	188	437	31	1	20	23	48	6	0	169	1658
Biscuit with Sausage	1 each	122	436	28	1	10	31	64	9	0	32	1160
Biscuit with Sausage, Egg, Cheese	1 each	185	557	30	1	18	38	61	11	0	187	1579
Biscuit with Sausage, Gravy	1 each	238	961	107	1	7	68	64	14	0	12	3755
Croissant	1 each	57	190	21	1	3	10	47	6	0	30	190
Croissant with Bacon, Egg	1 each	120	337	23	1	11	22	58	10	0	187	651
Croissant with Bacon, Egg, Cheese	1 each	133	378	23	1	14	22	53	10	0	198	850
Croissant with Ham, Cheese	1 each	113	274	22	1	13	12	39	7	0	53	842
Croissant with Ham, Egg, Cheese	1 each	163	434	25	1	22	24	50	10	0	343	1282
Croissant with Sausage, Egg	1 each	147	433	23	1	12	32	66	13	0	206	784
Croissant with Sausage, Egg, Cheese	1 each	160	475	23	1	15	32	61	13	0	216	982
Sourdough with Egg, Cheese	1 each	107	392	40	2	17	12	29	3	0	166	1058
Sourdough with Bacon, Egg, Cheese	1 each	116	437	40	2	20	16	33	5	0	174	1220
Sourdough with Ham, Egg, Cheese	1 each	189	679	42	2	34	35	47	11	0	354	2104
Sourdough with Sausage, Egg, Cheese	1 each	147	514	40	2	19	27	48	8	0	186	1232
Wrap with Bacon, Egg, Cheese	1 each	188	515	50	2	16	29	50	8	2	165	1367
Wrap with Ham, Egg, Cheese	1 each	228	568	51	2	24	31	48	10	2	183	1929
Wrap with Sausage, Egg, Cheese	1 each	225	689	50	2	21	45	59	15	2	202	1849
Blueberry Muffin	1 each	85	320	49	1	4	12	34	2	0	20	490
French Toastix	1 serving	124	312	44	1	6	13	38	2	0	0	492
Breakfast Syrup	1 pack	28	78	20	0	0	0	0	0	0	0	25
Market Fresh Sandwiches and Wraps												
Ultimate BLT Wrap	1 each	249	648	45	5	23	44	61	11	1	51	1530
Southwest Chicken Wrap	1 each	251	567	42	4	36	29	47	9	1	88	1451
Roast Turkey Reuben Sandwich	1 each	309	611	56	3	44	30	44	8	1	94	1429

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)
Market Fresh Sandwiches and Wraps												
Roast Turkey Ranch and Bacon Wrap	1 each	317	700	44	4	49	37	47	11	1	109	2215
Roast Turkey and Swiss Sandwich	1 each	359	725	75	5	45	30	37	8	1	91	1788
Roast Ham and Swiss Sandwich	1 each	359	705	75	5	36	31	40	8	1	63	2103
Roast Beef and Swiss Sandwich	1 each	264	777	73	5	37	41	48	13	2	89	1743
Corned Beef Reuben Sandwich	1 each	309	606	55	3	34	33	48	9	1	83	1849
Chicken Salad with Pecans Wrap	1 each	277	638	48	8	30	38	54	10	0	74	1199
Roast Turkey Reuben Wrap	1 each	280	581	43	1	48	27	41	6	1	94	1301
Corned Beef Reuben Wrap	1 each	280	577	42	1	38	29	46	8	1	83	1721
Ultimate BLT Sandwich	1 each	294	779	75	6	23	45	52	11	1	51	1571
Roast Turkey Ranch and Bacon Sandwich	1 each	382	834	75	5	49	38	41	11	1	109	2258
Chicken Salad with Pecans Sandwich	1 each	322	769	79	9	30	39	46	10	0	74	1240
Chicken Club Sandwich	1 each	409	504	32	5	33	26	47	8	2	209	1235
Arby's Subs												
Turkey Sub	1 each	285	633	47	3	35	30	42	6	1	75	2029
Roast Beef Sub	1 each	300	723	46	3	35	42	52	11	2	89	2210
Philly Beef and Swiss Sub	1 each	307	670	46	4	36	35	48	11	1	90	1942
Italian Sub	1 each	277	622	48	3	24	33	47	7	1	51	1986
Hot Ham and Swiss Sub	1 each	276	498	45	3	29	18	32	4	0	55	1826
French Dip Sub Au Jus	1 each	281	448	48	2	29	17	35	7	1	59	2803
Arby's Roast Beef Sandwich and Melts												
Swiss Melt	1 each	146	303	37	2	16	12	37	4	1	29	919
Super Roast Beef	1 each	198	398	40	2	21	19	44	6	1	44	1060
Regular Roast Beef	1 each	154	320	34	2	21	14	38	5	1	44	953
Med. Roast Beef Sandwich	1 each	210	415	34	2	31	21	45	9	1	73	1379
Large Roast Beef Sandwich	1 each	281	547	41	3	42	28	47	12	2	102	1869
Kids Junior Roast Beef Sandwich	1 each	125	272	34	2	16	10	34	4	0	29	740
Jr. Ham and Swiss Melt	1 each	100	211	23	1	14	5	19	1	0	23	873
Hot Ham n' Cheese	1 each	167	304	35	1	23	7	19	2	0	35	1420
Ham and Swiss Melt Sandwich	1 each	138	275	35	1	18	6	19	2	0	27	1118
French Dip Sandwich	1 each	198	391	37	3	26	16	38	6	1	58	1282

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)
Arby's Roast Beef Sandwich and Melts												
French Dip and Swiss Sandwich	1 each	224	473	38	3	32	18	34	7	1	79	1679
Beef 'n Cheddar Sandwich	1 each	195	445	44	2	22	21	42	6	1	51	1274
Bacon Beef 'n Cheddar Sandwich	1 each	212	521	45	2	27	27	46	9	2	64	1573
BBQ Bacon 'n Jack	1 each	169	360	42	2	19	16	39	5	1	38	1175
Arby's Melt	1 each	146	302	36	2	16	12	36	4	1	30	921
Sourdough Roast Beef Melt	1 each	166	355	40	2	18	14	35	5	1	30	1047
Sourdough Ham Melt	1 each	165	388	39	2	19	13	31	3	0	31	1280
Market Fresh Salads												
Santa Fe Salad with Grilled Chicken	1 each	357	305	21	6	30	11	32	6	0	78	621
Santa Fe Salad	1 each	372	499	42	7	30	23	42	8	2	59	1231
Martha's Vineyard Salad	1 each	330	277	24	5	26	8	26	4	0	72	454
Arby's Chicken Naturals												
SW Chipotle Chicken Sandwich - Grilled	1 each	264	517	37	3	39	25	43	8	0	34	1241
SW Chipotle Chicken Sandwich - Crispy	1 each	269	680	51	3	38	37	50	10	1	77	1228
Chicken Fillet Sandwich - Grilled	1 each	223	414	36	3	32	17	37	3	0	9	913
Chicken Fillet Sandwich - Crispy	1 each	238	576	50	3	30	30	46	5	1	52	901
Chicken Cordon Bleu Sandwich - Grilled	1 each	238	488	35	2	42	19	35	4	0	32	1561
Chicken Cordon Bleu Sandwich - Crispy	1 each	243	650	49	2	40	31	44	6	1	74	
Chicken, Bacon and Swiss - Grilled	1 each	209	462	38	2	38	17	33	4	0	25	1333
Chicken, Bacon and Swiss - Crispy	1 each	214	624	52	2	36	29	42	7	1	68	1320
Chicken Tenders	5 pieces	218	630	47	3	42	31	44	5	2	70	1977
Chicken Tenders	3 pieces	131	379	28	2	25	18	44	3	1	42	1188
Sides & Sidekickers												
Sour Cream Baked Potato	1 each	306	393	65	6	8	12	28	7	0	25	50
Deluxe Baked Potato	1 each	361	645	67	6	20	32	45	19	1	91	346
Potato Cakes	3 pieces	150	369	39	3	3	28	67	5	5	0	587
Mozzarella Sticks	4 pieces	137	426	38	2	18	28	60	13	2	45	1370
Onion Petals	Regular	113	331	35	2	4	23	62	4	1	1	332
Homestyle Fries	Small	113	302	44	3	3	20	59	4	3	0	549
Homestyle Fries	Med.	142	377	55	4	4	25	59	4	4	0	686
Homestyle Fries	Large	213	566	82	6	6	37	58	7	5	0	1029
Curly Fries	Small	106	338	39	4	4	20	54	4	3	0	791

Food Item

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Sides & Sidekickers												
Curly Fries	Med.	128	406	47	5	5	24	53	4	4	0	949
Curly Fries	Large	198	631	73	7	8	37	53	7	6	0	1476
Cheddar Fries	Med.	170	465	51	5	6	28	54	6	5	2	1311

Burger King®

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												
Croissan'wich® with Sausage, Egg & Cheese	1 each	157	470	26	1	19	32	65	11	2.5	180	1060
Croissan'wich® with Sausage & Cheese	1 each	106	370	23	1	14	25	64	9	2	50	810
Croissan'wich® with Egg & Cheese	1 each	115	300	26	0	12	17	51	6	2	145	740
Croissan'wich® with Ham, Egg & Cheese	1 each	149	340	26	1	18	18	48	6	2	160	1230
Croissan'wich® with Bacon, Egg & Cheese	1 each	122	340	26	1	15	20	53	7	2	155	890
Double Croissan'wich™ with Sausage, Egg & Cheese	1 each	215	680	26	1	29	51	68	18	3	220	1600
Double Croissan'wich™ with Bacon, Egg & Cheese	1 each	142	430	27	1	21	27	57	10	2	175	1250
Double Croissan'wich™ with Ham, Egg & Cheese	1 each	196	420	27	1	27	23	49	9	2	185	2210
Double Croissan'wich™ with Sausage, Bacon, Egg & Cheese	1 each	179	560	27	1	24	39	63	14	2.5	200	1430
Double Croissan'wich™ with Ham, Bacon, Egg & Cheese	1 each	169	420	27	1	28	24	51	9	2	180	1600
Double Croissan'wich™ with Ham, Sausage, Egg & Cheese	1 each	206	550	27	1	28	37	61	14	2.5	205	2040
Enormous Omelet Breakfast Sandwich	1 each	266	730	44	2	37	45	55	16	1	330	1940
French Toast Sticks	5 sticks	112	390	46	2	6	20	46	4.5	4.5	0	440
Cini-minis without Icing	4 rolls	108	390	51	2	7	18	47	5	4	20	560
Hash Brown Rounds	Small	75	230	23	2	2	15	56	4	5	0	450
Hash Brown Rounds	Large	128	390	38	4	3	25	58	7	8	0	760
Individual Breakfast Menu Components												
Grape Jam	1 serving	12	30	7	0	0	0	0	0	0	0	0
Strawberry Jam	1 serving	12	30	7	0	0	0	0	0	0	0	0

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Individual Breakfast Menu Components												
Breakfast Syrup	1 serving	28	80	21	0	0	0	0	0	0	0	20
Vanilla Icing (for Cini-minis)	1 serving	28	110	21	0	0	3	25	0.5	.5	0	40
Sandwiches												
Whopper®	1 each	290	670	51	3	28	39	52	11	1.5	51	1020
Whopper® without Mayo	1 each	269	510	51	3	28	22	37	9	1	80	880
Whopper® with Cheese	1 each	315	760	52	3	33	47	54	16	1.5	115	1450
Whopper® with Cheese without Mayo	1 each	294	600	52	3	32	30	44	14	1.5	100	1310
Double Whopper®	1 each	373	900	51	3	47	57	56	19	2	175	1090
Double Whopper® without Mayo	1 each	352	740	51	3	47	39	47	17	2	160	950
Double Whopper® with Cheese	1 each	398	990	52	3	52	64	57	24	2.5	195	1520
Double Whopper® w/ Cheese w/o Mayo	1 each	376	830	52	3	52	47	50	22	2	180	1380
Triple Whopper™	1 each	456	1130	51	3	67	74	59	27	3	255	1160
Triple Whopper™ without Mayo	1 each	434	980	51	3	66	57	52	24	2.5	240	1020
Whopper Jr.®	1 each	158	370	31	2	15	21	50	6	.5	50	570
Whopper Jr.® without Mayo	1 each	147	290	31	2	15	12	38	4.5	0	40	490
Whopper Jr.® with Cheese	1 each	170	410	32	2	18	24	53	8	1	60	780
Whopper Jr.® with Cheese without Mayo	1 each	149	330	31	2	17	16	44	7	.5	55	710
Hamburger	1 each	121	290	30	1	15	12	39	4.5	0	40	560
Cheeseburger	1 each	133	330	31	1	17	16	44	7	.5	55	780
Double Hamburger	1 each	164	410	30	1	25	21	49	9	1	85	600
Double Cheeseburger	1 each	189	580	31	1	30	29	54	14	1.5	105	1030
Bacon Cheeseburger	1 each	138	360	31	1	19	18	45	8	.5	60	870
Bacon Double Cheeseburger	1 each	194	530	32	1	32	31	55	14	1.5	110	1130
BK™ Double Stacker	1 each	190	610	32	1	34	39	58	16	1.5	125	1100
BK™ Triple Stacker	1 each	250	800	33	1	48	54	61	23	2	185	1450
BK™ Quad Stacker	1 each	311	1000	34	1	62	68	61	30	3	240	1800
The Angus Steak Burger	1 each	273	640	55	3	33	33	46	10	1.5	185	1260
Chicken, Fish, & Veggie												
BK Veggie® with mayo	1 each	215	420	46	7	23	16	27	2.5	0	10	1100
BK Fish Filet® Sandwich	1 each	250	630	67	4	24	30	43	6	2.5	60	1380
Spicy BK Fish Filet® Sandwich	1 each	250	620	67	4	24	29	42	6	2.5	60	1540
Original Chicken Sandwich	1 each	219	660	52	4	24	40	53	8	2.5	70	1440
Original Chicken Sandwich without Mayo	1 each	190	450	52	4	23	17	33	4	2	50	1250
Tendergrill® Chicken Sandwich	1 each	258	450	53	4	37	10	20	2	0	75	1210

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Chicken, Fish, & Veggie												
Tendercrisp® Chicken Sandwich	1 each	286	780	73	4	25	43	50	8	4	75	1730
Chicken Tenders® Kid's Meal	4 pieces	62	170	11	0	9	10	48	2.5	1.5	25	480
Chicken Tenders®	5 pieces	77	210	13	0	12	12	49	3	2	35	600
Chicken Tenders® Big Kid's Meal	6 pieces	92	250	16	0	14	15	50	3.5	2.5	40	720
Chicken Tenders®	8 pieces	123	340	21	0	19	20	50	5	3	55	960
Salads and Dressings												
Side Garden Salad	1 each	98	15	3	1	1	0	0	0	0	0	0
Tendergrill® Chicken Garden Salad	1 each	292	240	8	4	33	9	34	3.5	0	80	720
Tendercrisp® Chicken Garden Salad	1 each	306	400	32	5	22	21	47	7	3.5	70	1170
Garden Salad-No Chicken	1 each	184	90	7	3	5	5	50	2.5	0	15	125
Ken's® Light Italian Dressing	2 oz.	57	120	5	0	0	11	83	1.5	0	0	440
Ken's® Ranch Dressing	2 oz.	57	190	2	0	1	20	95	3	0	20	560
Ken's® Creamy Caesar Dressing	2 oz.	57	210	4	0	3	21	90	4	0	25	610
Ken's® Honey Mustard Dressing	2 oz.	57	270	15	0	1	23	77	3	0	20	520
Ken's® Fat Free Ranch Dressing	2 oz.	57	60	15	2	0	0	0	0	0	0	740
Sides												
French Fries, salted	Small	74	230	26	2	2	13	45	3	3	0	380
French Fries, no salt	Small	74	230	26	2	3	13	45	3	3	0	240
French Fries, salted	Med.	116	360	41	4	4	20	45	4.5	4.5	0	590
French Fries, no salt	Med.	116	360	41	4	4	20	45	4.5	4.5	0	380
French Fries, salted	Large	160	500	57	5	5	28	45	6	6	0	820
French Fries, no salt	Large	159	500	57	5	5	28	45	6	6	0	530
French Fries, salted	King Size	194	600	69	6	6	33	45	8	7	0	990
French Fries, no salt	King Size	193	600	69	6	6	33	45	8	7	0	640
Onion Rings	Small	43	150	19	1	2	7	42	2	1.5	0	220
Onion Rings	Med.	91	320	40	3	4	16	45	4	3.5	0	460
Onion Rings	Large	130	450	57	4	6	22	45	6	5	0	660
Onion Rings	King Size	150	520	66	5	7	26	45	7	6	5	760
Condiments/Individual Menu Item Components												
Barbecue Dipping Sauce	1 serving	28	40	11	0	0	0	0	0	0	0	310
Honey Flavored Dipping Sauce	1 serving	28	90	23	0	0	0	0	0	0	0	0
Honey Mustard Dipping Sauce	1 serving	28	90	8	0	0	6	60	1	0	10	180
Ranch Dipping Sauce	1 serving	28	140	1	0	1	15	98	2.5	0	5	95

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Condiments/Individual Menu Item Components												
Sweet and Sour Dipping Sauce	1 serving	28	45	11	0	0	0	0	0	0	0	55
Buffalo Dipping Sauce	1 serving	28	80	2	0	0	8	90	1.5	0	5	350
Tartar Sauce	0.5 oz.	14	70	0	0	0	8	100	4	0	5	100
Ketchup	0.5 oz.	10	10	3	0	0	0	0	0	0	0	125
Shakes												
Vanilla Shake	Kid's	228	310	44	0	6	11	32	7	0	45	180
Vanilla Shake	Small	296	400	57	0	8	15	34	9	0	60	240
Vanilla Shake	Med.	412	560	79	0	11	21	34	13	.5	85	330
Vanilla Shake	Large	608	820	117	1	16	30	33	19	1	125	490
Vanilla Shake	King	785	1070	151	1	21	39	33	25	1	160	640
Chocolate Shake	Kid's	245	370	61	1	6	11	27	7	0	40	300
Chocolate Shake	Small	315	470	75	1	8	14	27	9	0	55	350
Chocolate Shake	Med.	447	690	114	2	11	20	26	12	0	75	560
Chocolate Shake	Large	640	950	151	2	16	29	27	19	.5	115	720
Chocolate Shake	King	842	1260	204	3	21	38	27	24	1	145	980
Strawberry Shake	Kid's	244	360	60	0	6	10	25	7	0	40	180
Strawberry Shake	Small	314	460	73	1	7	14	27	9	0	55	240
Strawberry Shake	Med.	444	660	111	2	10	19	26	12	0	75	330
Strawberry Shake	Large	637	930	148	1	15	28	27	18	.5	115	490
Strawberry Shake	King	838	1230	200	1	19	36	26	23	1	145	640
Desserts												
Dutch Apple Pie	1 each	108	300	45	1	2	13	39	3	3	0	270
Hershey's Sundae Pie	1 each	79	310	32	1	3	19	55	12	0	10	220

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)
Pizza												
Classic Hand Tossed Cheese Pizza, 12 inch (Medium)	Quarter of pizza	176	420	60	2	18	16	34	6	0	20	670
Classic Hand Tossed Cheese Pizza, 14 inch (Large)	Quarter of pizza	242	580	84	6	24	18	28	7	0	10	940
Classic Hand Tossed Pepperoni Pizza, 12 inch (Medium)	Quarter of pizza	192	500	60	2	22	23	41	8	0	30	950
Classic Hand Tossed Pepperoni Pizza, 14 inch (Large)	Quarter of pizza	264	680	84	6	28	27	36	10	0	30	1320
Crunchy Thin Crust Cheese Pizza, 12 inch (Medium)	Quarter of pizza	110	260	28	2	10	17	59	5	0	20	480

Domino's Pizza®

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Pizza												
Crunchy Thin Crust Cheese Pizza, 14 inch (Large)	Quarter of pizza	152	360	40	4	14	19	48	6	0	10	680
Crunchy Thin Crust Pepperoni Pizza, 12 inch (Medium)	Quarter of pizza	126	340	28	2	14	24	64	7	0	30	760
Crunchy Thin Crust Pepperoni Pizza, 14 inch (Large)	Quarter of pizza	174	460	40	4	18	28	55	9	0	30	1060
Ultimate Deep Dish Cheese Pizza, 12 inch (Medium)	Quarter of pizza	188	450	54	6	16	24	48	7	0	20	1050
Ultimate Deep Dish Cheese Pizza, 14 inch (Large)	Quarter of pizza	272	640	80	10	22	28	39	10	0	30	1480
Ultimate Deep Dish Pepperoni Pizza, 12 inch (Medium)	Quarter of pizza	204	530	54	6	20	31	53	9	0	30	1330
Ultimate Deep Dish Pepperoni Pizza, 14 inch (Large)	Quarter of pizza	294	740	80	10	26	37	45	13	0	50	1860
Sides												
Domino's Breadsticks	1 piece	33	130	14	1	3	7	48	1.5	0	0	90
Domino's Buffalo Wings, Barbeque	1 avg. piece	43	88	2	0	9	4.5	46	1.5	0	50	0
Domino's Buffalo Wings, Hot Wings	1 avg. piece	43	85	2	0	9	4.5	48	1.5	0	50	250
Cheesy Bread	1 piece	38	140	14	1	4	7	45	2.3	0	5	140
Cinna Stix	1 piece	35	140	17	1	3	7	45	1.5	0	0	80
Marinara Dipping Sauce	1 pack	57	25	5	1	1	0	0	0	0	0	260
Garlic Dipping Sauce	1 pack	50	450	0	0	0	50	100	10	7	0	390
Sweet Icing Dipping Sauce	1 pack	71	250	57	0	0	3	11	2.5	0	0	0
Hot Dipping Sauce	1 pack	43	120	3	0	0	12	90	2	0	0	790
Blue Cheese Dipping Sauce	1 pack	43	230	2	0	2	24	94	5	0	30	450
Ranch Dipping Sauce	1 pack	43	200	2	0	1	21	95	3	0	10	420

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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)
Bagels												
Blueberry	1 bagel	NA	330	66	2	10	2.5	8	0.5	0	0	600
Cinnamon Raisin	1 bagel	NA	330	65	3	10	3	9	0.5	0	0	430
Everything	1 bagel	NA	370	67	3	14	6	15	0.5	0	0	650
Multigrain	1 bagel	NA	380	68	5	14	6	14	1	0	0	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)
Bagels												
Onion	1 bagel	NA	320	61	3	12	3.5	10	.5	0	0	610
Plain	1 bagel	NA	320	62	2	12	2.5	7	0.5	0	0	650
Poppyseed	1 bagel	NA	370	65	3	14	7	17	0.5	0	0	650
Reduced Carb with Cheese	1 bagel	NA	380	45	14	25	12	28	4.5	0	20	780
Salt	1 bagel	NA	320	62	2	12	2.5	7	0.5	0	0	4520
Sesame	1 bagel	NA	380	64	3	14	8	19	0.5	0	0	720
Wheat	1 bagel	NA	330	62	4	12	4	12	1	0	0	610
Muffins												
Banana Walnut	1 muffin	NA	540	69	3	10	25	39	3.5	0	65	520
Blueberry	1 muffin	NA	470	73	2	8	17	31	3	0	60	500
Blueberry, Reduced Fat	1 muffin	NA	400	78	3	8	5	14	2	0	60	490
Chocolate Chip	1 muffin	NA	630	89	2	10	26	37	8	0	70	560
Coffee Cake Muffin	1 muffin	NA	580	78	1	9	19	29	3	0	65	520
Corn	1 muffin	NA	510	77	1	8	18	29	3.5	0	75	860
Cranberry Orange	1 muffin	NA	440	66	3	8	17	29	3	0	65	480
English Muffin	1 muffin	2.5 oz	160	31	2	6	1.5	8	0	0	0	340
Honey Bran Raisin	1 muffin	NA	480	79	5	8	15	29	2.5	0	60	480
Danish												
Apple	1 each	NA	330	32	1	4	20	55	9	0	30	260
Cheese	1 each	NA	340	30	1	4	22	58	10	0	35	270
Strawberry Cheese	1 each	NA	320	31	1	4	20	56	9	0	30	260
Munchkins®												
Cinnamon Cake	4 each	NA	270	31	1	3	15	50	3.5	4	25	210
Glazed Cake	3 each	NA	280	38	1	3	13	42	3	4	20	190
Plain Cake	4 each	NA	270	27	1	3	16	57	4	4	25	240
Powdered Cake	4 each	NA	270	31	1	3	14	50	3.5	4	25	210
Glazed Chocolate Cake	3 each	NA	200	26	1	2	10	45	2	5	0	250
Glazed	5 each	NA	200	27	1	3	9	41	2	2.5	0	220
Jelly Filled Yeast	5 each	NA	210	30	1	3	9	39	2	2.5	0	240
Lemon Filled Yeast	4 each	NA	170	23	0	2	8	42	1.5	2.5	0	190
Sugar Raised Yeast	7 each	NA	220	26	1	4	12	49	2.5	6	0	290
Donuts												
Apple Crumb	1 each	NA	230	34	1	3	10	39	3	4	0	270
Apple N' Spice	1 each	NA	200	29	1	3	8	36	1.5	2.5	0	270
Bavarian Kreme	1 each	NA	210	30	1	3	9	39	2	2.5	0	270
Chocolate Iced Bismark	1 each	NA	340	50	1	3	15	40	3.5	1.5	0	290
Black Raspberry	1 each	NA	210	32	1	3	8	34	1.5	4	0	280
Blueberry Cake	1 each	NA	290	35	1	3	16	50	3.5	2.5	10	400
Blueberry Crumb	1 each	NA	240	36	1	3	10	38	3	4	0	260
Boston Kreme	1 each	NA	240	36	15	3	9	34	2	3.5	0	280
Chocolate Coconut Cake	1 each	NA	300	31	1	4	19	57	6	5	0	370
Chocolate Frosted Cake	1 each	NA	360	40	1	4	20	48	5	5	25	350
Chocolate Frosted	1 each	NA	200	29	1	3	9	41	2	5	0	260
Chocolate Glazed Cake	1 each	NA	290	33	1	3	16	50	3.5	4	0	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)
Donuts												
Chocolate Kreme Filled	1 each	NA	270	35	1	3	13	43	3	4	0	260
Cinnamon Cake	1 each	NA	330	34	1	4	20	55	5	4	25	340
Coconut Cake	1 each	NA	290	33	1	3	17	53	5	4	0	360
Double Chocolate Cake	1 each	NA	310	37	2	3	17	49	3.5	5	0	370
Eclair Donut	1 each	NA	270	39	1	3	11	37	2.5	3.5	0	290
French Cruller	1 each	NA	150	17	1	2	8	48	2	3	20	105
Glazed Cake	1 each	NA	350	41	1	4	19	49	5	4	25	340
Jelly Filled	1 each	NA	210	32	1	3	8	34	1.5	4	0	280
Maple Frosted	1 each	NA	210	30	1	3	9	39	2	2.5	0	260
Old Fashioned Cake	1 each	NA	300	28	1	4	19	57	5	4	25	330
Miscellaneous												
Baked Goods												
Apple Fritter	1 each	NA	300	41	1	4	14	42	3	2.5	0	360
Biscuit	1 each	NA	250	29	1	5	13	45	3.5	8	0	780
Coffee Roll	1 each	NA	270	33	1	4	14	47	3	4	0	340
Chocolate Frosted Coffee Roll	1 each	NA	290	36	1	4	15	47	3	4	0	340
Croissant, Plain	1 each	NA	330	37	0	5	18	56	4.5	7	5	270
French Toast Twist	1 serving	99	380	46	2	6	19	45	5	7	10	280
Sticks												
Plain Cake	1 stick	NA	420	35	1	4	29	62	7	5	35	310
Jelly	1 stick	NA	530	61	1	4	29	49	7	5	35	320
Powdered Cake	1 stick	NA	450	42	1	4	29	58	7	5	35	310
Cinnamon Cake	1 stick	NA	450	42	1	4	30	60	7	5	35	310
Glazed Chocolate Cake	1 stick	NA	470	49	2	4	29	55	7	5	35	490
Glazed Cake	1 stick	NA	490	51	1	4	29	53	7	5	0	310
Breakfast Sandwiches												
Bacon,Egg,Cheese Croissant	1 each	NA	520	40	0	16	33	57	10	7	205	940
Bacon,Egg,Cheese English Muffin	1 each	NA	360	36	1	17	16	40	6	0	200	1300
Egg,Cheese Bagel	1 each	NA	470	65	2	20	15	29	6	0	190	1120
Egg,Cheese Biscuit	1 each	NA	410	32	1	14	25	55	9	7	190	1250
Egg,Cheese Croissant	1 each	NA	480	40	0	13	31	58	10	7	195	740
Egg,Cheese English Muffin	1 each	NA	280	34	1	15	9	29	4.5	0	140	1010
Sausage,Egg,Cheese Croissant	1 each	NA	690	40	0	22	51	67	17	7	230	1080
Bacon,Egg,Cheese Bagel	1 each	NA	540	69	2	18	18	30	7	0	200	1400
Ham,Egg,Cheese English Muffin	1 each	NA	310	34	1	21	10	29	5	0	160	1270
Supreme Omelet Croissant	1 each	NA	590	42	1	21	38	58	13	7	260	1040
Sausage,Egg,Cheese Bagel	1 each	NA	660	63	3	28	35	48	13	.5	225	1450
Sausage,Egg,Cheese English Muffin	1 each	NA	530	37	1	23	32	54	12	.5	235	1610
Sausage,Egg,Cheese Biscuit	1 each	NA	610	32	1	23	43	63	14	7	235	1760
Ham,Egg,Cheese Bagel	1 each	NA	510	65	2	26	16	28	6	0	200	1760

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 Sandwiches												
Ham, Egg, Cheese Croissant	1 each	NA	520	40	0	20	32	55	10	7	215	1010
Paninis												
Southwestern Chicken	1 each	NA	420	57	3	23	10	21	5	0	45	970
Meatball	1 each	NA	480	56	3	22	19	36	9	0	40	1180
Steak	1 each	NA	450	56	3	30	12	24	5	.5	45	1630
Cravings Sandwiches												
Chicken Bruschetta	1 each	NA	580	48	4	42	25	39	8	0	85	1450
Chipotle Chicken	1 each	NA	620	49	4	49	26	38	9	0	110	1730
Pastrami Supreme	1 each	NA	760	47	5	48	48	57	42	17	130	1990
Turkey Pesto	1 each	NA	530	46	4	33	23	39	8	0	65	1630
Deli Classics Sandwiches												
Ham and Swiss	1 each	NA	360	44	4	23	11	28	5	0	45	1120
Roast Beef and Swiss	1 each	NA	530	45	4	31	25	42	8	0	80	1290
Tuna (Albacore)	1 each	NA	550	49	4	29	26	43	4.5	0	35	830
Turkey and Cheese	1 each	NA	510	45	4	35	22	39	6	0	65	1380
Vegetarian	1 each	NA	420	51	8	9	21	45	3	0	5	480
Favorite Sandwiches												
Chicken Cordon Bleu	1 each	NA	550	51	4	45	19	31	7	0	95	1370
Toasted Italian	1 each	NA	630	49	5	35	34	49	12	0	90	2330
Steak and Cheese	1 each	NA	510	45	4	30	23	41	6	0	75	1830
Turkey and Bacon Club	1 each	NA	510	44	4	35	22	39	4.5	0	70	1770
Avocado and Turkey	1 each	NA	500	49	8	38	22	40	3	0	40	1330
Salads												
Caesar	1 each	8 oz	390	14	3	10	33	76	7	0	35	980
Chicken Caesar	1 each	11 oz	520	16	3	34	36	62	8	0	85	1520
Garden	1 each	13.5 oz	240	24	5	12	12	45	5	0	30	430
Mediterranean	1 each	15 oz	220	23	5	10	11	45	3.5	0	15	760
Oriental	1 each	14 oz	580	39	4	30	35	54	5	1	45	1510
Soups												
Broccoli Cheese	1 Cup	NA	180	10	1	7	13	65	8	0	40	1310
Chicken Noodle	1 Cup	NA	140	20	1	8	3.5	23	1	0	45	840
Clam Chowder	1 Cup	NA	230	20	1	10	11	43	3.5	0	30	990
Lasagna	1 Cup	NA	250	21	2	11	13	47	5	0	35	810
Timberline Chili with Beans	1 Cup	NA	230	26	8	15	8	31	3	0	35	890
Cookies												
Chocolate Chunk	1 each	NA	220	28	1	3	11	45	7	0	35	105
Oatmeal Raisin	1 each	1289	480	83	5	8	14	26	7	0	40	310
Peanutbutter Cup	1 each	1289	590	73	3	11	29	44	13	.5	50	530
Oatmeal Raisin Pecan	1 each	NA	220	29	1	3	10	41	5	0	30	110
Coolatta®												
Coffee Coolatta® with 2% Milk	16 oz.	NA	190	41	0	4	2	6	1.5	0	10	80
Coffee Coolatta® with Cream	16 oz.	NA	350	40	0	3	22	57	14	0	75	65

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Coolatta®												
Coffee Coolatta® with Milk	16 oz.	NA	210	42	0	4	4	10	2.5	0	15	80
Coffee Coolatta® with Skim Milk	16 oz.	NA	170	41	0	4	0	0	0	0	0	80
Tropicana Orange Coolatta®	16 oz.	NA	370	92	3	1	0	0	0	0	0	50
Strawberry Fruit Coolatta®	16 oz.	NA	290	72	1	0	0	0	0	0	0	50
Vanilla Bean Coolatta®	16 oz.	NA	440	70	1	1	17	35	15	0	0	95

KFC®

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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												
Original Recipe Chicken Whole Wing	1 serving	47	140	4	0	10	9	64	2	1	50	350
Original Recipe Chicken Breast	1 serving	161	340	9	2	38	17	45	4	1	135	960
Original Recipe Chicken Breast without skin or breading	1 serving	108	150	3	0	26	3.5	21	1	0	75	600
Original Recipe Chicken Drumstick	1 serving	59	140	3	0	13	8	58	2	.5	70	340
Original Recipe Chicken Thigh	1 serving	126	350	7	1	19	27	69	7	1	110	870
Extra Crispy Chicken Whole Wing	1 serving	52	150	11	1	11	7	42	1.5	0	45	340
Extra Crispy Chicken Breast	1 serving	162	370	10	2	33	22	54	5	1.5	85	1020
Extra Crispy Chicken Drumstick	1 serving	60	150	4	0	12	10	55	2.5	1	55	300
Extra Crispy Chicken – Thigh	1 serving	114	290	16	1	17	18	56	4	1.5	95	700
Sandwiches												
KFC® Snacker	1 serving	119	320	29	2	14	17	48	3	1	25	690
KFC® Snacker, Buffalo	1 serving	118	260	31	2	14	9	31	1.5	1	25	870
KFC® Snacker, Fish	1 serving	120	280	42	1	13	7	22	1.5	0	35	520
KFC® Snacker, Ultimate Cheese	1 serving	120	280	30	2	15	11	35	2.5	1.5	25	790
Honey BBQ KFC® Snacker	1 serving	101	220	32	2	15	3.5	14	1	0	35	490
Honey BBQ Sandwich	1 serving	147	290	40	2	23	4	12	2	0	60	710
Triple Crunch Sandwich with sauce	1 serving	262	640	45	3	36	36	51	7	2.5	75	1620
Double Crunch Sandwich	1 serving	213	520	39	3	27	29	50	5	1.5	55	1220
Crispy Twister®	1 serving	252	650	56	5	28	34	47	6	1.5	60	1650



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												
Oven Roasted Twister®	1 serving	269	520	46	4	30	23	40	3.5	0	60	1380
Tender Roast Sandwich with sauce	1 serving	236	430	29	2	37	18	38	3.5	0	80	1180
Tender Roast Sandwich without sauce	1 serving	217	300	28	2	37	4.5	17	1.5	0	70	1060
Salads & More												
Roasted Caesar Salad without Dressing and Croutons	1 serving	301	220	6	3	30	8	32	4.5	0	70	830
Crispy Caesar Salad without Dressing and Croutons	1 serving	315	360	17	4	28	20	50	6	2	65	1100
Caesar Side Salad without Dressing and Croutons	1 serving	82	50	2	1	4	3	54	2	0	10	135
Roasted BLT Salad without Dressing	1 serving	347	200	8	4	29	6	27	2	0	65	880
Crispy BLT Salad without Dressing	1 serving	360	340	19	4	27	18	48	4	1.5	60	1150
House Side Salad without Dressing	1 serving	90	15	2	1	1	0	0	0	0	0	10
Hidden Valley® The Original Ranch® Dressing	1 serving	57	200	3	0	1	20	90	3	0	25	470
Hidden Valley® The Original Ranch® Fat Free Dressing	1 serving	43	35	8	0	1	0	0	0	0	0	410
Hidden Valley® Golden Italian Light Dressing	1 serving	43	45	6	0	0	2.5	50	0	0	0	660
KFC® Creamy Parmesan Caesar Dressing	1 serving	57	260	4	0	2	26	90	5	0	15	540
KFC® Parmesan Garlic Croutons Pouch	1 serving	14	70	8	0	2	3	39	0	0	0	150
KFC Famous Bowls™ - Mashed Potato with Gravy	1 serving	531	720	79	6	26	34	43	9	3.5	35	2330
KFC Famous Bowls™ - Rice with Gravy	1 serving	384	610	67	5	25	27	40	8	2.5	35	2130
Strips												
Crispy Strips	3 pieces	151	370	17	1	28	20	49	4	2.5	65	1220
Crispy Strips	2 pieces	102	250	12	1	19	14	40	2.5	1.5	45	820
Popcorn Chicken												
Popcorn Chicken	Kid's	85	280	15	1	14	18	58	3.5	2	15	830
Popcorn Chicken	Individual	114	370	21	2	19	24	57	4.5	2.5	25	1110
Popcorn Chicken	Large	170	560	31	2	29	36	58	7	3.5	35	1660
Popcorn Chicken	Family	369	1210	66	5	63	77	57	15	8	75	3600
Pot Pie												
Chicken Pot Pie	1 serving	423	770	70	5	33	40	49	15	14	115	1680
Wings												
Hot Wings™	6 pieces	134	450	19	2	26	30	63	7	2	115	990



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)
Wings												
Honey BBQ Wings	6 pieces	157	460	26	3	27	27	53	6	2	140	970
Fiery Buffalo Wings	6 pieces	171	440	21	2	27	27	55	6	2	140	1750
Boneless Fiery Buffalo Wings	6 pieces	211	530	44	3	30	26	44	5	2.5	65	2670
Sweet & Spicy Wings	6 pieces	158	460	27	2	27	27	53	6	2	140	900
Boneless Sweet & Spicy Wings	6 pieces	203	550	50	3	30	26	43	5	2.5	65	2000
Boneless Honey BBQ Wings	6 pieces	213	570	54	5	30	26	41	5	2.5	65	2210
Sides												
Mashed Potatoes with gravy	1 serving	151	140	20	1	2	5	45	1	.5	0	560
Mashed Potatoes without gravy	1 serving	108	110	17	1	2	4	33	1	0	0	320
Potato Wedges	1 serving	102	250	32	3	4	12	42	2	1.5	0	700
Macaroni & Cheese	1 serving	136	180	18	0	8	8	40	3.5	1	15	800
Corn on the Cob 5.5"	1 serving	162	150	26	7	5	3	18	1	0	0	10
Baked Beans	1 serving	136	220	45	7	8	1	4	0	0	5	730
Cole Slaw	1 serving	130	180	22	3	1	10	50	1.5	0	5	270
Potato Salad	1 serving	128	180	22	2	2	9	45	1.5	0	5	470
Green Beans	1 serving	96	50	7	2	2	1.5	30	0	0	5	570
Seasoned Rice	1 serving	99	150	32	2	4	1	6	0	0	0	630
Corn on the Cob 3"	1 serving	82	70	13	3	2	1.5	19	.5	0	0	5
Baked! Cheetos®	1 serving	25	120	17	0	2	4.5	34	1	0	0	210
Biscuit	1 each	57	220	24	1	4	11	50	2.5	3.5	0	640
Desserts												
Double Chocolate Chip Cake	1 serving	76	330	41	1	4	16	45	4	1	50	260
Little Bucket™ Fudge Brownie	1 serving	99	280	43	1	3	11	32	4	.5	20	200
Little Bucket™ Lemon Crème	1 serving	127	410	61	2	7	15	31	7	1.5	0	270
Little Bucket™ Chocolate Cream	1 serving	113	280	38	3	3	13	47	9	1	0	230
Little Bucket™ Strawberry Shortcake	1 serving	99	200	33	1	2	7	32	5	0	10	125
Pecan Pie Slice	1 serving	113	480	67	2	5	21	39	4.5	1	40	360
Apple Pie Slice	1 serving	113	280	44	2	2	11	35	2.5	2	0	230
Lemon Meringue Pie Slice	1 serving	99	250	39	1	1	9	32	2.5	1.5	0	230
Sweet Potato Pie Slice	1 serving	113	330	44	1	4	16	44	3.5	3	5	220
Sweet Life Sugar Cookie	1 serving	35	160	23	0	2	7	39	1.5	1.5	10	130
Sweet Life Oatmeal Raisin Cookie	1 serving	35	160	24	1	2	6	34	1.5	1	10	140
Sweet Life Chocolate Chip Cookie	1 serving	35	170	23	0	2	8	42	3	1	10	95
Quaker Chewy® S'mores	1 serving	24	100	19	1	1	2	18	.5	0	0	80



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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)	
Wings												
Granola Bar												
Apple Pie Minis	3 each	114	360	51	2	3	16	40	3	2	0	240

Krispy Kreme Doughnuts®

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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)	
Yeast Doughnuts												
Original Glazed Doughnut	1 each	52	200	22	<1	2	12	50	3	4	5	95
Chocolate Iced w/Sprinkles	1 each	71	260	38	<1	3	12	42	3	4	5	100
Chocolate Iced Glazed	1 each	66	250	33	>1	3	12	45	3	4	5	100
Maple Iced Glazed	1 each	66	240	32	<1	2	12	43	3	4	5	100
Cinnamon Bun	1 each	67	260	28	<1	3	16	55	4	5	5	125
Sugar Doughnut	1 each	49	200	21	0	2	12	54	3	4	5	95
Cinnamon Twist	1 each	59	230	33	1	3	9	35	2.5	5	5	85
Glazed Cinnamon	1 each	54	210	24	<1	2	12	51	3	4	5	100
Doughnuts												
Traditional	1 each	57	230	25	<1	3	13	53	3	4	20	320
Chocolate Iced Cake	1 each	71	270	36	<1	3	14	43	3	4	20	320
Powdered Cake	1 each	71	280	37	<1	3	14	45	3	4	20	320
Glazed Cruller	1 each	54	240	26	<1	2	14	53	3.5	4.5	15	240
Chocolate Glazed Cruller	1 each	69	290	37	<1	2	15	48	3.5	4.5	15	240
New York Cheesecake	1 each	90	320	35	<1	4	19	53	5	6	10	190
Glazed Blueberry	1 each	80	330	43	<1	3	17	46	4	4	20	290
Glazed Sour Cream	1 each	80	340	42	<1	3	18	48	4.5	6	20	310
Caramel Kreme Crunch	1 each	92	350	43	<1	4	19	49	5	5	5	170
Key Lime Pie	1 each	92	320	40	<1	3	17	48	4.5	5	5	150
Glazed Chocolate Cake	1 each	81	300	41	2	3	15	45	3.5	5	5	310
Dulce De Leche	1 each	75	290	30	<1	3	18	56	4.5	5	5	160
Apple Frittter	1 each	101	380	46	2	4	21	50	5	7	5	290
Filled Doughnuts												
Cinnamon Apple Filled	1 each	81	290	32	<1	3	16	50	4	5	5	150
Powdered Blueberry Filled	1 each	81	290	33	<1	3	18	56	4	5	5	140
Chocolate Iced Crème Filled	1 each	86	350	38	<1	3	20	51	5	6	5	140
Chocolate Iced Custard Filled	1 each	86	300	35	<1	3	17	46	4	5	5	140
Glazed Crème Filled	1 each	85	340	38	<1	3	20	51	5	6	5	140
Glazed Raspberry Filled	1 each	85	300	38	<1	3	18	54	4	5	5	130
Glazed Lemon Filled	1 each	85	290	35	<1	3	16	50	4	5	5	135
Powdered Strawberry Filled	1 each	81	290	33	>1	3	16	55	4	5	5	135
Other Doughnuts and Pies												
Original Glazed Doughnut Holes	5 each	54	200	24	<1	2	11	50	3	3.5	5	95

Krispy Kreme Doughnuts® www.krispykreme.com

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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)
Other Doughnuts and Pies												
Glazed Blueberry Doughnut Holes	4 each	51	210	24	0	2	11	47	2.5	3.5	15	250
Glazed Cake Doughnut Holes	4 each	56	210	28	<1	2	11	47	2.5	3	15	230
Glazed Chocolate Cake Doughnut Holes	4 each	56	210	28	<1	2	11	47	2.5	3	15	230

McDonald's®

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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												
Hamburger	3.5 oz	100	250	31	2	12	9	32	3.5	0.5	25	520
Cheeseburger	4 oz	114	300	33	2	15	12	36	6	0.5	40	750
Double Cheeseburger	5.8 oz	165	440	34	2	25	23	47	11	1.5	80	1150
Quarter Pounder®	6 oz	169	410	37	3	24	19	42	7	1	65	730
Quarter Pounder® with Cheese	7 oz	198	510	40	3	29	26	46	12	1.5	90	1190
Double Quarter Pounder® with Cheese	9.8oz	279	740	40	3	48	42	51	19	2.5	155	1380
Big Mac®	7.5 oz	214	540	45	3	25	29	48	10	1.5	75	1040
Big N' Tasty®	7.2 oz	206	460	37	3	24	24	47	8	1.5	70	720
Big N' Tasty® with Cheese	7.7 oz	220	510	38	3	27	28	49	11	1.5	85	960
Filet-O-Fish®	5.1 oz	143 g	380	38	2	15	18	43	4	1	35	660
McChicken®	5.2 oz	147	360	40	1	14	16	40	3.5	1	40	790
Premium Grilled Chicken Classic Sandwich	7.9 oz	226	420	51	3	32	10	21	2	0	70	1190
Premium Crispy Chicken Classic Sandwich	8.1 oz	229	500	61	3	27	17	31	3	1.5	50	1330
Premium Grilled Chicken Club Sandwich	9.1 oz	260	570	52	4	44	21	33	7	0	100	1720
Premium Crispy Chicken Club Sandwich	9.3 oz	263	660	63	4	39	28	38	8	1.5	80	1860
Premium Grilled Chicken Ranch BLT Sandwich	8.6 oz	246	520	53	3	40	16	28	4	0	90	1760
Premium Crispy Chicken Ranch BLT Sandwich	8.8 oz	249 g	600	64	3	35	23	35	5	1.5	70	1900
Snack Wrap™ with Ranch	4.1 oz	115	330	32	2	14	16	44	4.5	1	30	780
Grilled Snack Wrap™ with Ranch	4.3 oz	122	270	26	1	18	10	33	4	0	45	830
Snack Wrap™ with Honey Mustard	4.1 oz	117	320	34	1	14	15	42	4.5	1	30	750

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												
Grilled Snack Wrap™ with Honey Mustard	4.4 oz	124	260	27	1	18	9	31	3.5	0	45	800
French Fries												
Small French Fries	2.6 oz	74	250	30	3	2	13	47	2.5	3.5	0	140
Med. French Fries	4 oz	114	380	47	5	4	20	47	4	5	0	220
Large French Fries	6 oz	170	570	70	7	6	30	47	6	8	0	330
Ketchup Pack	1 pkg	10	15	3	0	0	0	0	0	0	0	110
Salt Pack	1 pkg	0.7	0	0	0	0	0	0	0	0	0	270
Chicken												
Chicken McNuggets® 4 pc.	2.3 oz	64	170	10	0	10	10	53	2	1	25	450
Chicken McNuggets® 6 pc.	3.4 oz	96	250	15	0	15	15	54	3	1.5	35	670
Chicken McNuggets® 10 pc.	5.6 oz	160	420	26	0	25	24	51	5	2.5	60	1120
Chicken McNuggets® 20 pc.	11.3 oz	320	840	51	0	50	49	53	11	5	125	2240
Barbeque Sauce	1 pkg	28	50	12	0	0	0	0	0	0	0	260
Honey	1 pkg	14	50	12	0	0	0	0	0	0	0	0
Chicken												
Hot Mustard Sauce	1 pkg	28	60	9	2	1	2.5	38	0	0	5	250
Sweet 'N Sour Sauce	1 pkg	28	50	12	0	0	0	0	0	0	0	150
Chicken Selects® Premium Breast Strips 3 pc	4.7 oz	133	380	28	0	23	20	0	3.5	2.5	55	930
Chicken Selects® Premium Breast Strips 5 pc	7.8 oz	221	630	46	0	39	33	47	6	4.5	90	1550
Chicken Selects® Premium Breast Strips 10 pc	15.6 oz	442	1270	92	0	77	66	47	12	9	180	3100
Spicy Buffalo Sauce	1.5 oz	43	70	1	2	0	7	90	1	0	0	960
Creamy Ranch Sauce	1.5 oz	43	200	2	0	0	22	99	3.5	0	10	320
Tangy Honey Mustard Sauce	1.5 oz	43	70	13	0	1	2.5	32	0	0	5	170
Southwestern Chipotle Barbeque Sauce	1.5 oz	43	70	18	1	0	0	0	0	0	0	260
Salads												
Asian Salad with Grilled Chicken	12.7 oz	362	300	23	5	32	10	30	1	0	65	890
Asian Salad with Crispy Chicken	12.9 oz	365	380	33	5	27	17	153	2.5	1.5	45	1030
Asian Salad (without chicken)	8.6 oz	243	150	15	5	8	7	42	0.5	0	0	35
Bacon Ranch Salad with Grilled Chicken	11.2 oz	321	260	12	3	33	9	31	4	0	90	1010
Bacon Ranch Salad with Crispy Chicken	11.4 oz	323	350	23	3	28	16	41	5	1.5	70	1150
Bacon Ranch Salad without chicken	7.8 oz	223	140	10	3	9	7	45	3.5	0	25	300
Caesar Salad with Grilled Chicken	10.9 oz	311	220	12	3	30	6	25	3	0	75	890
Caesar Salad with	11 oz	313	300	22	3	25	13	39	4	1.5	55	1020

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)
Salads												
Crispy Chicken Caesar Salad without chicken	7.5 oz	213	90	9	3	7	4	70	2.5	0	10	180
Side Salad	3.1 oz	87	20	4	1	1	0	0	0	0	0	10
Butter Garlic Croutons	0.5 oz	14	60	10	1	2	1.5	23	0	0	0	140
Snack Size Fruit & Walnut Salad	1 pkg	163	210	31	2	4	8	34	1.5	0	5	60
Salad Dressing												
Newman's Own® Creamy Caesar Dressing	2 fl oz		190	4	0	2	18	85	3.5	0	20	500
Newman's Own® Low Fat Balsamic Vinaigrette	1.5 fl oz		40	4	0	0	3	68	0	0	0	730
Newman's Own® Low Fat Family Recipe Italian Dressing	1.5 fl oz		60	8	0	1	2.5	38	0	0	0	730
Newman's Own® Ranch Dressing	2 fl oz		170	9	0	1	15	79	2.5	0	20	530
Newman's Own® Low Fat Sesame Ginger Dressing	1.5 fl oz		90	15	0	1	2.5	25	0	0	0	740
Breakfast												
Egg McMuffin®	4.8 oz	139	300	30	2	18	12	36	5	0	260	820
Sausage McMuffin®	3.9 oz	114	370	29	2	14	22	54	8	0	45	850
Sausage McMuffin® with Egg	5.7 oz	164	450	30	2	21	27	54	10	0	285	920
English Muffin	2 oz	57	140	27	2	5	1.5	10	0	0	0	260
Bacon, Egg & Cheese Biscuit (Regular Size Biscuit)	5 oz	141	440	36	1	18	25	51	8	5	245	1340
Bacon, Egg & Cheese Biscuit (Large Size Biscuit)	5.5 oz	156	500	42	2	18	29	52	9	7	245	1470
Sausage Biscuit with Egg (Regular Size Biscuit)	5.5 oz	156	490	34	1	17	32	59	10	5	250	1110
Sausage Biscuit with Egg (Large Size Biscuit)	6 oz	171	550	40	2	17	36	59	10	7	250	1240
Sausage Biscuit (Regular Size Biscuit)	3.8 oz	109	400	32	1	11	27	61	8	5	30	1010
Sausage Biscuit (Large Size Biscuit)	4.4 oz	124	460	38	2	11	30	59	9	7	30	1140
Biscuit (Regular Size)	2.4 oz	68	230	32	1	4	10	39	2.5	4.5	0	680
Biscuit (Large Size)	2.9 oz	83	300	37	2	4	14	42	3	7	0	800
Bacon, Egg & Cheese McGriddles®	6.1 oz	173	460	48	2	19	21	41	9	0	245	1360
Sausage, Egg & Cheese McGriddles®	7.1 oz	202	560	48	2	20	32	51	12	0	265	1360
Sausage McGriddles®	5 oz	141	420	44	2	11	22	47	8	0	35	1030

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												
Big Breakfast® Biscuit)	9.1 oz	260	720	48	3	27	46	58	13	7	555	1500(Regular Size
Big Breakfast® (Large Size Biscuit)	9.6 oz	275	780	54	4	27	50	58	14	9	555	1620
Deluxe Breakfast (Regular Size Biscuit)	15.2 oz	432	1220	133	5	33	61	45	17	11	565	1980
Deluxe Breakfast (Large Size Biscuit)	15.7 oz	447	1280	139	6	33	65	46	17	13	565	2100
Sausage Burrito	3.9 oz	111	300	26	1	12	16	48	7	0.5	130	830
Hotcakes and Sausage (2 pats margarine & syrup)	9.3 oz	264	780	106	3	15	33	38	9	4	50	1020
Hotcakes (2 pats margarine & syrup)	7.9 oz	223	610	105	3	9	18	27	4	4	20	680
Sausage Patty	1.4 oz	41	170	1	0	7	15	79	5	0	30	340
Scrambled Eggs (2)	3.3 oz	94	170	1	0	15	11	58	4	0	520	180
Hash Browns	1.9 oz	53	140	15	2	1	8	51	1.5	2	0	290
Grape Jam	0.5 oz	14	35	9	0	0	0	0	0	0	0	0
Strawberry Preserves	0.5 oz	14	35	9	0	0	0	0	0	0	0	0
Desserts/Shakes												
Fruit 'n Yogurt Parfait	5.3 oz	149	160	31	1	4	2	11	1	0	5	85
Fruit 'n Yogurt Parfait (without granola)	5 oz	142	130	25	0	4	2	14	1	0	5	55
Apple Dippers	1 pkg	68	35	8	0	0	0	0	0	0	0	0
Low Fat Caramel Dip	0.8 oz	21	70	15	0	0	0.5	6	0	0	5	35
Vanilla Reduced Fat Ice Cream Cone	3.2 oz	90	150	24	0	4	3.5	21	2	0	15	60
Kiddie Cone	1 oz	29	45	8	0	1	1	20	0.5	0	5	20
Strawberry Sundae	6.3 oz	178	280	49	1	6	6	19	4	0	25	95
Hot Caramel Sundae	6.4 oz	182	340	60	1	7	8	21	5	0	30	160
Hot Fudge Sundae	6.3 oz	179	330	54	2	8	10	27	7	0	25	180
Peanuts (for Sundaes)	0.3 oz	7	45	2	1	2	3.5	70	0.5	0	0	0
McFlurry® with M&M'S® Candies (12 fl oz cup)	12.3 oz	348	620	96	1	14	20	29	12	1	55	190
McFlurry® with OREO® Cookies (12 fl oz cup)	11.9 oz	337	560	88	0	14	16	26	9	2	50	250
Chocolate Triple Thick® Shake (12 fl oz cup)	333 ml	N/A	440	76	1	10	10	20	6	0.5	40	190
Chocolate Triple Thick® Shake (16 fl oz cup)	444 ml	N/A	580	102	1	13	14	22	8	1	50	250
Chocolate Triple Thick® Shake (21 fl oz cup)	583 ml	N/A	770	134	1	18	18	21	11	1	70	330
Chocolate Triple Thick® Shake (32 fl oz cup)	888 ml	N/A	1160	203	2	27	27	21	16	2	100	510

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)
Desserts/Shakes												
Strawberry Triple Thick® Shake (12 fl oz cup)	333 ml	N/A	420	73	0	10	10	21	6	0.5	40	130
Strawberry Triple Thick® Shake (16 fl oz cup)	444 ml	N/A	560	97	0	13	13	21	8	1	50	170
Strawberry Triple Thick® Shake (21 fl oz cup)	583 ml	N/A	740	128	0	17	18	22	11	1	70	230
Strawberry Triple Thick® Shake (32 fl oz cup)	888 ml	N/A	1110	194	0	25	26	21	16	2	100	350
Vanilla Triple Thick® Shake (12 fl oz cup)	333 ml	N/A	420	72	0	9	10	21	6	0.5	40	140
Vanilla Triple Thick® Shake (16 fl oz cup)	444 ml	N/A	550	96	0	13	13	21	8	1	50	190
Vanilla Triple Thick® Shake (21 fl oz cup)	583 ml	N/A	740	128	0	17	18	22	11	1	70	250
Vanilla Triple Thick® Shake (32 fl oz cup)	888 ml	N/A	1110	193	0	25	26	21	16	2	100	370
Baked Apple Pie	2.7 oz	76	270	36	4	3	12	40	3.5	5	0	190
McDonaldland® Chocolate Chip Cookies	2 oz	56	270	39	1	3	11	37	6	0	35	170
McDonaldland® Cookies	2 oz	57	250	42	1	4	8	29	2	2.5	0	270
Chocolate Chip Cookie	1 cookie	33	160	22	1	2	7	39	2.5	1.5	10	90
Oatmeal Raisin Cookie	1 cookie	33	150	22	1	2	6	36	1.5	1.5	10	135
Sugar Cookie	1 cookie	32	150	21	0	2	6	36	1.5	2	5	110
Beverages												
1% Low Fat Milk Jug	1 carton	236	100	12	0	8	2.5	23	1.5	0	10	125
1% Low Fat Chocolate Milk Jug	1 carton	236	170	26	1	9	3	16	1.5	0	5	150
Minute Maid® Apple Juice Box	6.8 fl oz	200	90	23	0	0	0	0	0	0	0	15
Orange Juice (Small)	12 oz	N/A	140	33	0	2	0	0	0	0	0	5
Orange Juice (Med.)	16 oz	N/A	180	42	0	3	0	0	0	0	0	5
Orange Juice (Large)	21 oz	N/A	250	57	0	4	0	0	0	0	0	10
Coca-Cola® Classic (Child)	12 oz	N/A	110	29	0	0	0	0	0	0	0	5
Coca-Cola® Classic (Small)	16 oz	N/A	150	40	0	0	0	0	0	0	0	10
Coca-Cola® Classic (Med.)	21 oz	N/A	210	58	0	0	0	0	0	0	0	15
Coca-Cola® Classic (Large)	32 oz	N/A	310	86	0	0	0	0	0	0	0	20
Diet Coke® (Child)	12 oz	N/A	0	0	0	0	0	0	0	0	0	15
Diet Coke® (Small)	16 oz	N/A	0	0	0	0	0	0	0	0	0	20
Diet Coke® (Med.)	21 oz	N/A	0	0	0	0	0	0	0	0	0	30
Diet Coke® (Large)	32 oz	N/A	0	0	0	0	0	0	0	0	0	45
Sprite® (Child)	12 oz	N/A	110	28	0	0	0	0	0	0	0	30
Sprite® (Small)	16 oz	N/A	150	39	0	0	0	0	0	0	0	40
Sprite® (Med.)	21 oz	N/A	210	56	0	0	0	0	0	0	0	55
Sprite® (Large)	32 oz	N/A	310	83	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)
Beverages												
Hi-C® Orange Lavaburst (Child)	12 oz	N/A	120	32	0	0	0	0	0	0	0	0
Hi-C® Orange Lavaburst (Small)	16 oz	N/A	160	44	0	0	0	0	0	0	0	5
Hi-C® Orange Lavaburst (Med.)	21 oz	N/A	240	64	0	0	0	0	0	0	0	10
Hi-C® Orange Lavaburst (Large)	32 oz	N/A	350	94	0	0	0	0	0	0	0	10
POWERade® Mountain Blast (Child)	12 oz	N/A	70	20	0	0	0	0	0	0	0	65
POWERade® Mountain Blast (Small)	16 oz	N/A	100	27	0	0	0	0	0	0	0	85
POWERade® Mountain Blast (Med.)	21 oz	N/A	150	39	0	0	0	0	0	0	0	130
POWERade® Mountain Blast (Large)	32 oz	N/A	220	58	0	0	0	0	0	0	0	190
Iced Tea (Child)	12 oz	N/A	0	0	0	0	0	0	0	0	0	5
Iced Tea (Small)	16 oz	N/A	0	0	0	0	0	0	0	0	0	10
Iced Tea (Med.)	21 oz	N/A	0	0	0	0	0	0	0	0	0	15
Iced Tea (Large)	32 oz	N/A	0	1	0	0	0	0	0	0	0	20
Coffee (Small)	12 oz	N/A	0	0	0	0	0	0	0	0	0	0
Coffee (Large)	16 oz	N/A	0	0	0	0	0	0	0	0	0	0
Coffee Cream	0.4 oz		20	0	0	0	2	90	1.5	0	10	15
Sugar Pack	1 pkg	4	15	4	0	0	0	0	0	0	0	0
EQUAL® 0 Calorie Sweetener	1 pkg	1	0	1	0	0	0	0	0	0	0	0
SPLENDA® No Calorie Sweetener	1 pkg	1	0	1	0	0	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 Fat (g)	Cholesterol (mg)	Sodium (mg)
12" Med. Hand-Tossed Pizza (1 slice = 1/8 pizza)												
Cheese	1 slice	99	230	28	1	11	8	38	4	0	25	650
Ham	1 slice	98	210	27	1	11	6	26	3	0	25	730
Pepperoni	1 slice	97	240	27	1	12	9	34	4	0	25	720
Meat Lover's®	1 slice	130	330	28	2	17	17	48	7	0	45	1080
Veggie Lover's®	1 slice	116	210	29	2	10	6	33	3	0	15	620
Pepperoni Lover's®	1 slice	112	290	28	1	15	13	40	6	0	40	890
Supreme	1 slice	123	260	29	2	13	11	40	5	0	30	810
Super Supreme	1 slice	135	280	29	2	14	13	43	5	0	35	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)
12" Med. Hand-Tossed Pizza (1 slice = 1/8 pizza)												
Chicken Supreme	1 slice	119	230	28	1	13	7	27	3	0	30	670
12" Med. Thin 'n Crispy Pizza (1 slice = 1/8 pizza)												
Cheese	1 slice	79	200	21	1	10	8	41	4.5	0	25	570
Ham	1 slice	78	180	21	1	9	7	37	3	0	25	650
Pepperoni	1 slice	77	210	21	1	10	10	43	4.5	0	25	640
Meat Lover's®	1 slice	111	310	22	1	15	18	55	7	.5	45	1010
Veggie Lover's®	1 slice	101	180	23	1	8	7	33	3	0	15	550
Pepperoni Lover's®	1 slice	92	260	22	1	13	14	47	6	0	40	810
Supreme	1 slice	106	230	22	1	11	11	43	5	0	30	730
Super Supreme	1 slice	117	250	23	1	12	13	47	5	0	35	860
Chicken Supreme	1 slice	102	200	22	1	11	7	32	3.5	0	30	590
12" Med. Pan Pizza (1 slice = 1/8 pizza)												
Cheese	1 slice	104	270	27	1	11	13	43	5	0	25	570
Ham	1 slice	103	250	27	1	11	11	42	4	0	25	650
Pepperoni	1 slice	102	280	27	1	12	14	45	5	0	25	640
Meat Lover's®	1 slice	135	390	28	2	17	22	53	8	0	45	990
12" Med. Pan Pizza (1 slice = 1/8 pizza)												
Veggie Lover's®	1 slice	119	250	28	2	10	11	40	4	0	15	530
Pepperoni Lover's®	1 slice	118	330	28	1	15	18	49	7	0	40	800
Supreme	1 slice	127	310	28	2	13	16	48	6	0	30	720
Super Supreme	1 slice	138	330	29	2	14	17	48	6	0	35	850
Chicken Supreme	1 slice	123	270	28	1	13	12	40	4	0	30	580
14" Large Pan Pizza (1 slice = 1/12 pizza)												
Cheese	1 slice	97	260	25	1	11	13	45	5	0	25	530
Ham	1 slice	96	240	25	1	11	11	41	4	0	20	610
Pepperoni	1 slice	95	270	25	1	11	14	47	5	0	25	600
Sausage Lover's®	1 slice	121	340	26	2	14	20	53	7	0	35	770
Meat Lover's®	1 slice	127	350	26	1	16	21	54	7	0	45	930
Veggie Lover's®	1 slice	109	240	26	1	9	11	41	3.5	0	15	490
Pepperoni Lover's®	1 slice	111	320	25	1	14	18	51	7	0	40	770
Supreme	1 slice	117	290	26	2	12	15	47	5	0	30	680
Super Supreme	1 slice	127	310	26	2	13	17	49	6	0	35	800
Chicken Supreme	1 slice	113	250	26	1	12	11	40	4	0	25	540
14" Large Stuffed Crust Pizza (1 slice = 1/12 pizza)												
Cheese	1 slice	147	350	40	2	17	13	33	7	0	40	1060
Ham	1 slice	151	340	40	2	18	12	35	6	0	40	1220
Pepperoni	1 slice	149	380	40	2	18	16	40	8	0	50	1210
Meat Lover's®	1 slice	196	500	41	2	25	27	48	11	.5	75	1700

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)
14" Large Stuffed Crust Pizza (1 slice = 1/12 pizza)												
Veggie Lover's®	1 slice	170	330	41	2	15	11	30	6	0	35	1040
Pepperoni Lover's®	1 slice	167	440	41	2	22	21	45	10	.5	65	1420
Supreme	1 slice	182	410	42	2	20	18	44	8	.5	50	1330
Super Supreme	1 slice	197	430	42	2	22	20	46	9	.5	60	1510
Chicken Supreme	1 slice	176	350	41	2	20	12	33	6	0	50	1120
14" Large Thin 'N Crispy Pizza (1 slice = 1/12 pizza)												
Cheese	1 slice	74	190	20	1	9	8	38	4	0	25	540
Ham	1 slice	73	170	19	1	9	6	32	3	0	20	620
Pepperoni	1 slice	72	200	19	1	9	9	41	4	0	25	610
Sausage Lover's®	1 slice	98	270	21	1	12	15	50	6	0	35	780
Meat Lover's®	1 slice	105	290	20	1	14	17	53	7	0	45	950
Veggie Lover's®	1 slice	94	170	21	1	8	6	32	3	0	15	510
Pepperoni Lover's®	1 slice	88	250	20	1	12	13	47	6	0	40	780
Supreme	1 slice	88	220	21	1	11	11	45	4.5	0	30	690
Super Supreme	1 slice	110	240	21	1	12	12	45	5	0	35	820
Chicken Supreme	1 slice	95	190	21	1	10	7	33	3	0	25	550
14" Large Hand-Tossed Pizza (1 slice = 1/12 pizza)												
Cheese	1 slice	92	220	25	1	11	8	33	4	0	25	610
Ham	1 slice	91	200	25	1	11	6	27	3	0	20	690
Pepperoni	1 slice	90	230	25	1	11	9	35	4	0	25	680
Sausage Lover's®	1 slice	116	290	26	2	14	15	47	6	0	35	850
Meat Lover's®	1 slice	122	310	26	1	16	16	46	7	0	45	1010
Veggie Lover's®	1 slice	106	190	26	2	9	6	28	3	0	15	570
Pepperoni Lover's®	1 slice	106	280	26	1	14	13	42	6	0	40	850
Supreme	1 slice	113	250	26	2	12	11	40	4.5	0	30	760
Super Supreme	1 slice	124	270	27	2	13	12	40	5	0	35	880
Chicken Supreme	1 slice	109	210	26	1	12	7	30	3	0	25	620
XL Full House Pizza™ (1 slice = 1/12)												
Cheese	1 slice	114	280	30	2	12	12	39	5	0	30	690
Pepperoni	1 slice	111	280	30	2	12	13	42	5	0	30	750
Ham	1 slice	112	260	30	2	12	10	35	4	0	25	760
Supreme	1 slice	139	310	31	2	13	14	41	6	0	30	830
Super Supreme	1 slice	151	330	32	2	15	16	44	6	0	35	960
Chicken Supreme	1 slice	135	270	31	2	13	10	33	4	0	30	690
Meat Lover's®	1 slice	143	370	31	2	17	20	49	8	0	45	1090
Veggie Lover's®	1 slice	135	260	31	2	10	10	35	4	0	20	650
Pepperoni Lover's®	1 slice	128	340	30	2	15	17	45	7	0	45	930
Sausage Lover's®	1 slice	137	350	31	2	15	19	49	7	0	40	920

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" Personal Pan Pizza												
(whole pizza)												
Cheese	1 each	249	620	69	3	28	26	38	11	.5	60	1370
Pepperoni	1 each	245	640	67	3	28	29	41	11	.5	65	1530
Ham	1 each	246	570	67	3	27	22	35	9	0	55	1560
Supreme	1 each	303	710	70	4	32	34	43	13	1	70	1800
Super Supreme	1 each	325	750	71	4	34	37	44	14	1	85	2060
Chicken Supreme	1 each	292	610	70	3	31	23	34	9	0	70	1430
Meat Lover's®	1 each	333	890	70	4	41	49	50	18	1	115	2460
Veggie Lover's®	1 each	275	560	70	4	24	22	35	8	0	40	1250
Pepperoni Lover's®	1 each	282	770	69	3	35	39	46	16	1	95	1940
Sausage Lover's®	1 each	323	850	71	5	37	47	33	17	1	100	2090
14" Fit n' Delicious Pizza™												
(1 slice = 1/8 pizza)												
Diced Chicken, Red Onion & Green Pepper	1 slice	105	170	23	1	9	5	26	2	0	20	520
Diced Chicken, Mushrooms & Jalapeno	1 slice	103	170	22	1	9	5	26	2	0	20	730
Ham, Red Onion & Mushrooms	1 slice	99	160	23	1	8	4.5	25	2	0	15	580
Ham, Pineapple & Diced Red Tomato	1 slice	99	160	23	1	8	4.5	25	2	0	15	580
14" Fit n' Delicious Pizza™												
(1 slice = 1/8 pizza)												
Green Pepper, Red Onion & Diced Red Tomato	1 slice	104	150	23	1	6	4	24	1.5	0	10	420
Diced Red Tomato, Mushroom & Jalapeno	1 slice	102	150	22	1	6	4	24	1.5	0	10	630
12" Fit n' Delicious Pizza™												
(1 slice = 1/8 pizza)												
Diced Chicken, Red Onion & Green Pepper	1 slice	97	160	21	1	8	4.5	25	2	0	20	480
Diced Chicken, Mushrooms & Jalapeno	1 slice	95	160	20	1	9	5	28	2	0	20	680
Ham, Red Onion & Mushrooms	1 slice	92	150	21	1	8	4.5	27	2	0	15	550
Ham, Pineapple & Diced Red Tomato	1 slice	92	150	22	1	7	4.5	27	2	0	15	550
Green Pepper, Red Onion & Diced Red Tomato	1 slice	96	140	22	1	6	4	26	1.5	0	10	390
Diced Red Tomato, Mushroom & Jalapeno	1 slice	94	140	21	1	6	4	26	1.5	0	10	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)
Hot Beverages-Grande												
Americano	16 oz.	NA	15	3	0	1	0	0	0	0	0	15
Latte, Whole Milk	16 oz.	NA	260	21	0	14	14	48	9	0	55	200
Latte, Nonfat Milk	16 oz.	NA	160	24	0	16	0	0	0	0	10	220
Latte, Soymilk	16 oz.	NA	210	28	2	11	6	26	1	0	0	160
Mocha, Whole Milk*	16 oz.	NA	300	40	2	13	12	36	6	0	30	135
Mocha, Nonfat Milk*	16 oz.	NA	220	42	2	14	2	8	0	0	<5	160
Mocha, Soymilk*	16 oz.	NA	260	46	3	10	6	21	1	0	0	120
Cappuccino, Whole Milk	16 oz.	NA	150	13	0	8	8	48	5	0	30	115
Cappuccino, Nonfat Milk	16 oz.	NA	100	14	0	9	0	0	0	0	<5	125
Cappuccino, Soymilk	16 oz.	NA	120	17	<1	6	3	23	0	0	0	90
Caramel Apple Cider*	16 oz.	NA	300	72	0	0	0	0	0	0	0	15
Caramel Macchiato, Whole Milk	16 oz.	NA	310	37	0	12	12	35	7	0	40	160
Caramel Macchiato, Nonfat Milk	16 oz.	NA	220	40	0	13	1	5	.5	0	5	190
Caramel Macchiato, Soymilk	16 oz.	NA	270	44	1	9	6	20	1.5	0	<5	140
Espresso Solo	NA	NA	5	1	0	0	0	0	0	0	0	0
Espresso Doppio	NA	NA	10	2	0	1	0	0	0	0	0	0
Espresso Macchiato, Solo, Whole Milk	NA	NA	10	1	0	1	0	0	0	0	0	0
Espresso Macchiato, Solo, Nonfat Milk	NA	NA	10	1	0	1	0	0	0	0	0	0
Espresso Macchiato, Solo, Soymilk	NA	NA	10	1	0	1	0	0	0	0	0	0
Espresso Macchiato, Doppio, Whole Milk	NA	NA	15	2	0	1	0	0	0	0	0	0
Espresso Macchiato, Doppio, Nonfat Milk	NA	NA	15	2	0	1	0	0	0	0	0	0
Espresso Macchiato, Doppio, Soymilk	NA	NA	15	2	0	0	0	0	0	0	0	0
Hot Chocolate, Whole Milk	16 oz.	NA	350	47	2	14	14	36	7	0	35	160
Hot Chocolate, Nonfat Milk	16 oz.	NA	260	50	2	16	2.5	9	0	0	5	190
Hot Chocolate, Soymilk	16 oz.	NA	300	54	3	11	7	21	1	0	0	140
Steamed Apple Cider	16 oz.	NA	230	57	0	0	0	0	0	0	0	20
Tazo® Chai Tea Latte, Whole Milk	16 oz.	NA	290	50	0	8	7	22	4.5	0	30	120
Tazo® Chai Tea Latte, Nonfat Milk	16 oz.	NA	230	51	0	8	0	0	0	0	5	125
Tazo® Chai Tea Latte, Soymilk	16 oz.	NA	260	53	1	6	3	10	0	0	0	95
Tazo® Green Tea Latte, Whole Milk	16 oz.	NA	230	36	1	7	7	27	4	0	20	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)
Hot Beverages-Grande												
Tazo® Green Tea Latte, Nonfat Milk	16 oz.	NA	180	37	1	8	0	0	0	0	5	85
Tazo® Green Tea Latte, Soymilk	16 oz.	NA	210	40	2	6	3	13	0	0	0	75
Vanilla Crème*, Whole Milk	16 oz.	NA	330	39	0	14	14	38	8	0	40	180
Vanilla Crème*, Nonfat Milk	16 oz.	NA	230	43	0	15	0	0	0	0	5	220
Vanilla Crème*, Soymilk	16 oz.	NA	280	47	2	10	6	19	1	0	0	160
Vanilla Latte (or other flavor), Whole Milk	16 oz.	NA	320	39	0	13	12	34	7	0	40	160
Vanilla Latte (or other flavor), Nonfat Milk	16 oz.	NA	230	42	0	14	0	0	0	0	<5	200
Vanilla Latte (or other flavor), Soymilk	16 oz.	NA	270	46	2	10	5	20	1	0	0	140
White Chocolate Mocha*, Whole Milk	16 oz.	NA	410	56	0	14	15	33	10	0	45	250
White Chocolate Mocha*, Nonfat Milk	16 oz.	NA	340	58	0	16	5	13	4	0	10	260
White Chocolate Mocha*, Soymilk	16 oz.	NA	370	62	1	12	9	22	4.5	0	0	220
White Hot Chocolate*, Whole Milk	16 oz.	NA	480	63	0	17	18	34	12	0	55	300
White Hot Chocolate*, Nonfat Milk	16 oz.	NA	390	66	0	18	6	14	4.5	0	10	320
White Hot Chocolate*, Soymilk	16 oz.	NA	430	70	2	13	11	23	5	0	<5	260
Cold Beverages-Grande												
Iced Cafe Americano	16 oz.	NA	15	3	0	1	0	0	0	0	0	0
Iced Café Latte, Whole Milk	16 oz.	NA	160	13	0	8	8	44	5	0	30	120
Iced Café Latte, Nonfat Milk	16 oz.	NA	100	14	0	9	0	0	0	0	<5	130
Iced Café Latte, Soymilk	16 oz.	NA	120	17	<1	6	3.5	26	0	0	0	95
Iced Café Mocha*, Whole Milk	16 oz.	NA	220	35	2	9	8	33	4	0	25	95
Iced Café Mocha*, Nonfat Milk	16 oz.	NA	180	36	2	9	2	10	0	0	<5	100
Iced Café Mocha*, Soymilk	16 oz.	NA	200	38	3	7	4.5	20	.5	0	0	75
Iced Tazo® Chai Tea Latte, Whole Milk	16 oz.	NA	270	48	0	7	7	23	4	0	25	110
Iced Tazo® Chai Tea Latte, Nonfat Milk	16 oz.	NA	230	50	0	8	0	0	0	0	5	120
Iced Tazo® Chai Tea Latte, Soymilk	16 oz.	NA	250	52	<1	5	3	11	0	0	0	90
Iced Tazo® Green Tea Latte, Whole Milk	16 oz.	NA	250	37	1	8	8	29	4.5	0	25	95

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)
Cold Beverages-Grande												
Iced Tazo® Green Tea Latte, Nonfat Milk	16 oz.	NA	190	39	1	9	0	0	0	0	5	100
Iced Tazo® Green Tea Latte, Soymilk	16 oz.	NA	220	42	2	7	3.5	14	0	0	0	90
Iced Vanilla Latte (or other flavor), Whole Milk	16 oz.	NA	210	31	0	7	7	30	4	0	20	95
Iced Vanilla Latte, (or other flavor), Nonfat Milk	16 oz.	NA	160	32	0	8	0	0	0	0	<5	115
Iced Vanilla Latte (or other flavor), Soymilk	16 oz.	NA	190	34	<1	6	3	14	0	0	0	85
Iced White Chocolate Mocha*, Whole Milk	16 oz.	NA	360	56	0	11	11	28	8	0	25	210
Iced White Chocolate Mocha*, Nonfat Milk	16 oz.	NA	320	57	0	11	6	17	4.5	0	5	210
Iced White Chocolate Mocha*, Soymilk	16 oz.	NA	340	59	<1	9	8	21	4.5	0	<5	190
Iced Caramel Macchiato, Whole Milk	16 oz.	NA	270	34	0	10	10	33	6	0	40	150
Iced Caramel Macchiato, Nonfat Milk	16 oz.	NA	200	36	0	11	1	5	.5	0	10	160
Coffee Frappuccino® Blended	16 oz.	NA	260	52	0	5	3.5	12	2	0	15	250
Mocha Frappuccino® Blended*	16 oz.	NA	290	58	0	6	4	12	2	0	15	250
Caramel Frappuccino® Blended*	16 oz.	NA	280	57	0	5	3.5	11	2	0	15	250
Caffe Vanilla Frappuccino® Blended*	16 oz.	NA	340	72	0	6	3.5	9	2	0	15	260
Java Chip Frappuccino® Blended*	16 oz.	NA	370	69	2	7	9	22	6	0	15	300
Coffee Frappuccino® Light Blended	16 oz.	NA	150	30	3	7	1	6	0	0	<5	300
Mocha Frappuccino® Light Blended	16 oz.	NA	180	36	4	7	1.5	8	0	0	5	300
Caramel Frappuccino® Light Blended	16 oz.	NA	180	36	3	7	1.5	8	0	0	5	310
Strawberries & Crème Frappuccino® Blended*	16 oz.	NA	440	92	1	12	2.5	5	0	0	5	320
Vanilla Bean Frappuccino® Blended Crème*	16 oz.	NA	360	73	0	12	2.5	6	0	0	5	320
Double Chocolate Chip Frappuccino® Blended Crème*	16 oz.	NA	450	83	3	14	9	18	5	0	5	360
Tazo® Green Tea Frappuccino® Blended Crème*	16 oz.	NA	420	86	1	12	2.5	5	0	0	5	310



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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)
Options												
Flavored Syrup	1 pump	NA	20	5	0	0	0	0	0	0	0	0
Flavored Syrup, Sugar Free	1 pump	NA	0	0	0	0	0	0	0	0	0	0
Mocha Syrup	1 pump	NA	25	6	0	1	.5	18	0	0	0	0
Sweetened Whipped Cream Topping, Hot Beverages	1 serving	NA	100	2	0	0	9	81	6	0	40	10
Sweetened Whipped Cream Topping, Cold Beverages	1 serving	NA	130	2	0	0	12	83	8	0	50	10

*Analysis does not include whipped cream for these drinks.

To estimate other size drinks:

Short	8 oz.	50% Grande	Venti (hot)	20 oz.	125% Grande
Tall	12 oz.	75% Grande	Venti (iced)	24 oz.	150% Grande
Grande	16 oz.				



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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 with 6 grams of Fat or Less												
6" Bourbon Chicken	1 each	258	350	54	4	25	5.0	13	1.5	0	50	1020
6" Ham	1 each	223	290	47	4	18	5.0	16	1.5	0	20	1280
6" Oven Roasted Chicken Breast	1 each	237	330	47	4	24	5.0	14	1.5	0	45	1020
6" Roast Beef	1 each	223	290	45	4	19	5.0	16	2.0	0	15	920
6" Subway Club®	1 each	256	320	47	4	24	6.0	17	2.0	0	35	1310
6" Sweet Onion Chicken Teriyaki	1 each	279	370	59	4	26	5.0	12	1.5	0	50	1220
6" Turkey Breast	1 each	223	280	46	4	18	4.5	14	1.5	0	20	1020
6" Turkey Breast & Ham	1 each	233	290	47	4	20	5.0	16	1.5	0	25	1230
6" Turkey Breast with Honey Mustard & Cucumbers	1 each	261	310	54	5	19	4.5	13	1.5	0	20	1130
6" Veggie Delite®	1 each	167	230	44	4	9	3.0	12	1.0	0	0	520
Breakfast Sandwiches												
Cheese & Egg on Deli Roll	1 each	135	270	35	3	16	9.0	30	4.0	0	15	670
Chipotle Steak & Cheese on Deli Roll	1 each	212	490	37	3	30	26.0	49	10.0	0.5	65	1210
Double Bacon & Cheese on Deli Roll	1 each	178	460	37	3	29	24.0	46	12.0	0.5	60	1340
Honey Mustard Ham & Egg on Deli Roll	1 each	170	270	43	3	18	5.0	19	1.5	0	10	1080
Western with Cheese on Deli Roll	1 each	189	360	38	3	25	14.0	36	7.0	0.5	40	1140

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)
Cold Sandwiches												
6" Cold Cut Combo	1 each	250	410	47	4	21	17.0	37	7.0	0.5	60	1550
6" Tuna	1 each	250	530	45	4	22	31.0	53	7.0	0.5	45	1030
Deli Sandwiches												
Ham Deli	1 each	142	210	36	3	11	4.0	17	1.5	0	10	770
Roast Beef Deli	1 each	151	220	35	3	13	4.5	18	2.0	0	15	660
Tuna Deli	1 each	160	350	35	3	14	18.0	49	5.0	0	30	750
Turkey Breast Deli	1 each	151	210	36	3	13	3.5	17	1.5	0	15	730
Toasted Sandwiches												
6" Chicken & Bacon Ranch	1 each	296	540	47	5	36	25.0	43	10.0	0.5	90	1400
6" Chicken Parmesan	1 each	285	500	61	5	26	18.0	32	6.0	0	40	1280
6" Chipotle Southwest	1 each	299	500	49	5	29	22.0	40	7.0	0.5	65	1340
Steak & Cheese												
6" Italian BMT®	1 each	242	450	47	4	23	21.0	42	8.0	0	55	1790
6" Meatball Marinara	1 each	377	560	63	7	24	24.0	39	11.0	1.0	45	1610
6" Spicy Italian	1 each	226	480	46	4	21	25.0	48	9.0	0	55	1670
6" Steak & Cheese	1 each	278	400	48	5	29	12.0	28	6.0	0.5	60	1130
6" Subway Melt®	1 each	254	380	48	4	25	12.0	29	5.0	0	45	1620
Salads												
BMT®	1 each	396	290	15	4	17	19.0	59	8.0	0	55	1360
Cold Cut Combo	1 each	405	250	14	4	15	15.0	56	6.0	0.5	55	1140
Salads with 6 Grams of Fat or Less												
Grilled Chicken Breast & Baby Spinach	1 each	300	140	11	4	20	3.0	18	1.0	0	50	450
Grilled Chicken Breast Strips	1 each	392	140	12	4	19	3.0	18	0.5	0	45	400
Ham	1 each	378	120	15	4	12	3.0	25	1.0	0	20	850
Roast Beef	1 each	378	130	13	4	13	3.5	23	1.5	0	15	490
Subway Club®	1 each	411	160	15	4	18	4.0	22	1.5	0	35	880
Turkey Breast	1 each	378	120	14	4	12	2.5	17	0.5	0	20	590
Turkey Breast & Ham	1 each	388	130	15	4	14	3.0	19	1.0	0	25	800
Veggie Delite®	1 each	322	60	12	4	3	1.0	17	0	0	0	85
Salad Dressings												
Atkins Sweet as Honey Mustard - 2 oz.	1 pack	57	200	1	0	1	22.0	100	3.0	0	0	550
Fat Free Italian - 2 oz.	1 pack	57	35	7	0	1	0	0	0	0	0	720
Ranch - 2 oz.	1 pack	57	200	1	1	1	22.0	100	3.5	0	10	550
Cookies												
Chocolate Chip	1 each	45	210	30	1	2	10.0	43	6.0	0	15	150
Chocolate Chunk	1 each	45	200	30	1	2	10.0	45	5.0	0	10	100
Double Chocolate	1 each	45	210	30	1	2	10.0	43	5.0	0	15	170
M & M's®	1 each	45	210	32	1	2	10.0	43	5.0	0	10	100
Oatmeal Raisin	1 each	45	200	30	1	3	8.0	35	4.0	0	15	170
Peanut Butter	1 each	45	220	26	1	4	12.0	50	5.0	0	15	200
Sugar	1 each	45	220	28	0	2	12.0	50	6.0	0	15	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)
Cookies												
White Macadamia Nut	1 each	45	220	29	1	2	11.0	45	5.0	0	15	160
Fruizle Express (small)												
Berry Lishus	1 each	369	110	28	1	1	0	0	0	0	0	30
Berry Lishus (with Banana)	1 each	396	140	35	2	1	0	0	0	0	0	30
Peach Pizazz	1 each	341	100	26	0	0	0	0	0	0	0	25
Pineapple Delight	1 each	369	130	33	1	1	0	0	0	0	0	25
Pineapple Delight (with Banana)	1 each	396	160	40	2	1	0	0	0	0	0	25
Sunrise Refresher	1 each	341	120	29	1	1	0	0	0	0	0	20
Soup (1 bowl)												
Brown and Wild Rice with Chicken	1 each	310	230	26	1	6	11.0	48	3.5	0	50	1170
Chicken and Dumpling	1 each	310	140	20	2	7	3.5	25	1.5	0	5	1230
Chili Con Carne	1 each	310	340	35	10	20	11.0	32	5.0	0	60	1100
Cream of Broccoli	1 each	310	140	18	4	6	5.0	36	2.0	0	10	960
Cream of Potato with Bacon	1 each	310	220	28	5	5	10.0	45	4.0	0	15	980
Golden Broccoli & Cheese	1 each	310	180	28	2	5	11.0	56	5.0	0	25	990
Minestrone	1 each	310	90	17	1	4	1.0	11	1.0	0	0	910
New England Style Clam Chowder	1 each	310	150	20	2	5	5.0	33	1.5	0	10	1400
Roasted Chicken Noodle	1 each	310	90	12	1	6	2.0	28	0.5	0	20	1130
Spanish Style Chicken with Rice	1 each	310	110	16	1	6	2.5	23	1.0	0	5	980
Tomato Garden Vegetable with Rotini	1 each	310	90	20	3	3	0.5	6	0	0	40	1040
Vegetable Beef	1 each	310	100	17	3	5	1.5	20	0.5	0	10	1060
Carb Conscious Wraps												
Chicken & Bacon Ranch (9 net carbs)*	1 each	256	440	18	9	41	27.0	55	10.0	0.5	90	1680
Tuna Wrap (7 net carbs)	1 each	209	440	16	9	27	32.0	66	6.0	0.5	45	1310
Turkey & Bacon Melt (11 net carbs)*	1 each	227	380	20	9	31	24.0	58	7.0	0	50	1780
Turkey Breast Wrap	1 each	183	190	18	9	24	6.0	26	1.0	0	20	1290

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)
Tacos												
Grande Soft Taco	1 each	206	450	44	2	19	21	42	8	2.5	45	1410

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)
Tacos												
Double Decker® Taco	1 each	156	340	39	5	14	14	35	5	1.5	25	810
Spicy Chicken Soft Taco	1 each	114	180	21	2	10	7	33	2	0.5	20	580
Spicy Chicken Burrito	1 each	191	420	51	4	14	19	40	4	1.5	30	1220
1/2 Pound Beef Combo Burrito	1 each	241	470	52	5	22	19	36	7	2	45	1620
1/2 Pound Beef and Potato Burrito	1 each	252	540	66	4	15	25	41	8	3.5	30	1660
1/2 Pound Cheesy Bean and Rice Burrito	1 each	227	490	61	6	13	21	39	6	3	15	1430
Cheesy Fiesta Potatoes	1 each	138	290	28	2	4	18	55	6	3	15	790
Caramel Apple Empanada	1 each	85	290	37	1	2	15	45	3.5	3	<5	300
Crunchy Taco	1 each	78	170	13	<1	8	10	53	4	0.5	25	350
Taco Supreme®	1 each	113	220	14	1	9	14	54	7	1	35	360
Double Decker® Taco Supreme®	1 each	191	380	41	5	15	18	42	8	2	40	820
Soft Taco - Beef	1 each	99	210	21	<1	10	10	43	4	1	25	620
Soft Taco Supreme - Beef	1 each	135	260	23	1	11	14	50	7	1	35	640
Ranchero Chicken Soft Taco	1 each	135	270	21	2	14	14	48	4	0.5	35	710
Grilled Steak Soft Taco	1 each	128	280	21	1	12	17	53	4.5	1	30	650
Gorditas												
Gordita Supreme® - Beef	1 each	153	310	30	2	14	16	45	7	0.5	35	600
Gordita Supreme® - Chicken	1 each	153	290	28	2	17	12	38	5	0	45	530
Gordita Supreme® - Steak	1 each	153	290	28	2	16	13	41	6	0.5	35	520
Gordita Baja® - Beef	1 each	153	350	31	2	13	19	48	5	0.5	30	760
Gordita Baja® - Chicken	1 each	153	320	29	2	17	15	44	3.5	0	40	690
Gordita Baja® - Steak	1 each	153	320	29	2	15	16	47	4	0	30	680
Gordita Nacho Cheese - Beef	1 each	153	300	32	2	12	13	40	4	1.5	20	740
Gordita Nacho Cheese - Chicken	1 each	153	270	30	2	16	10	33	2.5	1	25	670
Gordita Nacho Cheese - Steak	1 each	153	270	30	2	14	11	37	3	1.5	20	660
Chalupa Supreme - Beef	1 each	153	400	31	2	13	24	55	8	2.5	35	620
Chalupa Supreme - Chicken	1 each	153	370	29	2	17	21	51	7	2	45	550
Chalupa Supreme Steak	1 each	153	370	29	2	15	22	54	7	2	35	550
Chalupa Baja - Beef	1 each	153	430	32	2	13	28	58	7	2	30	780
Chalupa Baja - Chicken	1 each	153	400	30	2	17	24	55	5	2	40	710
Chalupa Baja - Steak	1 each	153	410	30	2	15	25	56	6	2	30	700
Chalupa Nacho Cheese - Beef	1 each	153	380	33	2	12	22	52	5	3	20	760
Chalupa Nacho Cheese - Chicken	1 each	153	360	31	2	16	18	47	4	3	25	700
Chalupa Nacho Cheese - Steak	1 each	153	360	31	2	14	20	50	4.5	3	20	690
Burritos												
Bean Burrito	1 each	198	370	55	8	14	10	24	3.5	2	10	1200

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												
7 Layer Burrito	1 each	283	530	68	9	18	21	34	8	2.5	25	1400
Burrito Supreme® - Beef	1 each	248	440	52	5	17	18	36	8	2	40	1330
Burrito Supreme® - Chicken	1 each	248	410	50	5	21	14	32	6	2	45	1270
Burrito Supreme® - Steak	1 each	248	420	50	6	19	16	33	7	2	35	1260
Fiesta Burrito - Beef	1 each	184	390	51	3	14	14	33	5	2	25	1210
Fiesta Burrito - Chicken	1 each	184	370	49	3	18	11	27	3.5	1.5	30	1140
Fiesta Burrito - Steak	1 each	184	370	49	3	16	12	30	4	1.5	25	1140
Grilled Stuff Burrito - Beef	1 each	325	720	80	7	27	32	40	11	3	55	2140
Grilled Stuff Burrito - Chicken	1 each	325	670	77	7	35	25	33	7	2.5	70	2010
Grilled Stuff Burrito - Steak	1 each	325	680	77	7	31	27	37	8	3	55	1990
Specialties												
Crunchwrap Supreme®	1 each	254	560	70	4	17	24	37	9	3.5	35	1350
Spicy Chicken Crunchwrap Supreme®	1 each	254	550	69	4	18	23	38	8	3.5	35	1300
Mexican Pizza	1 each	216	540	47	5	20	31	52	10	3.5	45	1040
Enchirito - Beef	1 each	213	380	35	5	19	18	42	9	1.5	45	1430
Enchirito® - Chicken	1 each	213	350	33	5	23	14	37	7	1.5	55	1360
Enchirito® - Steak	1 each	213	360	33	5	21	16	39	8	1.5	45	1350
Mexi Melt®	1 each	128	290	23	2	15	16	48	8	1	40	880
Fiesta Taco Salad	1 each	548	860	82	12	31	46	47	14	5	65	1800
Fiesta Taco Salad without Shell	1 each	479	490	43	10	24	25	47	11	2	65	1530
Taco Salad Express	1 each	479	630	58	10	26	34	47	12	3.5	65	1390
Chicken Quesadilla	1 each	184	540	40	3	28	30	50	13	2	80	1380
Steak Quesadilla	1 each	184	540	40	3	26	31	52	14	2	70	1370
Zesty Chicken Border Bowl®	1 each	418	730	69	10	23	40	49	8	2.5	45	1810
Zesty Chicken Border Bowl® without Dressing	1 each	376	490	64	10	22	16	29	4	2.5	10	1570
Southwest Steak Border Bowl®	1 each	443	690	79	10	30	28	36	8	2.5	55	2330
Nachos and Sides												
Nachos	1 each	98	320	32	2	4	20	56	4.5	4	<5	530
Nachos Supreme	1 each	195	460	42	5	13	26	52	8	3.5	30	810
Nachos Bell Grande®	1 each	308	790	79	10	19	44	49	12	7	35	1300
Pintos and Cheese	1 each	128	180	20	6	10	7	33	3.5	1	15	700
Mexican Rice	1 each	131	200	26	2	6	9	40	3.5	0.5	15	850
Cinnamon Twists	1 each	35	160	27	<1	1	5	31	1	1	0	9
Regional Menu Items												
Cheese Quesadilla	1 each	142	490	39	3	19	28	53	13	2	55	1150
Chili Cheese Burrito	1 each	156	390	40	3	16	18	41	9	1.5	40	1080
Tostada	1 each	170	250	29	7	11	10	36	4	1.5	15	710

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												
Classic Single with Everything	1 each	218	420	37	2	25	20	42	7	1	65	880
Big Bacon Classic	1 each	282	590	46	3	34	30	47	12	1.5	90	1510
Jr. Hamburger	1 each	117	280	34	1	15	9	28	3.5	0.5	30	590
Jr. Cheeseburger	1 each	129	320	34	1	17	13	34	6	0.5	40	810
Jr. Bacon Cheeseburger	1 each	161	370	34	2	19	17	43	7	0.5	50	790
Jr Cheeseburger Deluxe	1 each	179	360	37	2	18	16	39	6	0.5	45	870
Double Jr Cheeseburger Deluxe	1 each	216	460	37	2	27	23	45	9	1	75	1000
Hamburger, Kids Meal	1 each	110	270	33	1	15	9	30	3.5	0.5	30	590
Cheeseburger Kids Meal	1 each	122	320	34	1	17	13	34	6	0.5	40	810
Ultimate Grill Chicken Sandwich	1 each	227	370	44	2	33	8	19	1.5	0	60	1070
Spicy Chicken Fillet Sandwich	1 each	231	480	53	4	29	17	31	3	0	60	1400
Homestyle Chicken Fillet Sandwich	1 each	228	470	55	2	27	16	32	3	0	45	1210
Chicken Club Sandwich	1 each	273	650	56	2	40	31	43	11	0.5	95	1580
Crispy Chicken Sandwich	1 each	157	380	44	1	19	14	34	2.5	0	40	880
Deluxe Crispy Chicken Sandwich	1 each	199	450	46	2	10	19	38	5	0	55	1200
Black Forest Ham & Swiss Frescata	1 each	252	470	50	4	27	19	36	6	0	60	1480
Roasted Turkey & Swiss Frescata	1 each	267	480	52	4	25	20	37	6	0	60	1520
Frescata Club	1 each	249	440	50	4	23	17	34	3.5	0	50	1610
Roasted Turkey & Basil Pesto Frescata	1 each	225	420	50	4	21	15	33	3	0	40	1520
Frescata Italiana	1 each	223	510	49	4	25	24	43	9	0	90	1530
Salads												
Mandarin Chicken Salad	1 each	348	170	18	3	23	2	8	0.5	0	60	480
Roasted Almonds	1 pack	21	130	4	2	5	11	77	1	0	0	70
Crispy Noodles	1 pack	14	60	10	0	1	2	33	0	0	0	170
Oriental Sesame Dressing	1 pack	64	190	21	0	1	11	53	1.5	0	0	490
Caesar Chicken Salad	1 each	282	190	9	4	27	5	24	2.5	0	70	620
Garlic Crouton	1 pack	14	70	9	0	2	2.5	28	0	0	0	125
Caesar Dressing	1 pack	28	120	1	0	1	13	100	2.5	0	20	220
Chicken BLT Salad	1 each	374	340	17	4	27	5	24	2.5	0	70	620
Honey Mustard Dressing	1 pack	64	280	11	0	1	26	82	4	0	25	370
Southwest Taco Salad	1 each	501	440	32	9	30	22	45	12	1	80	1100
Reduced fat Sour Cream	1 pack	28	50	2	0	1	4	70	2.5	0	10	30
Seasoned Tortilla Strips	1 pack	21	110	13	1	2	5	41	1	0	0	160
Ancho Chipotle Ranch Dressing	1 pack	42	110	4	0	1	10	82	2	0	15	330

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)
Beverages												
Med. Original Chocolate Frosty™	1 each	298	430	74	0	10	11	23	7	0	45	200
Junior Vanilla Frosty™	1 each	113	150	26	0	4	4	23	2.5	0	20	90
Small Vanilla Frosty™	1 each	227	310	52	0	8	8	22	5	0	35	180
Med. Vanilla Frosty™	1 each	298	410	68	0	11	10	22	6	0.5	45	240
Fix 'N Mix Original Chocolate Frosty™	1 each	117	170	29	0	4	4	20	2.5	0	20	80
Fix 'N Mix Vanilla Frosty™	1 each	117	160	27	0	4	4	22	2.5	0	20	95
Side Selections												
Side Salad	1 each	168	35	8	2	1	0	0	0	0	0	25
Caesar Side Salad	1 each	99	80	6	2	6	4.5	50	2	0	10	240
Homestyle Croutons	1 pack	14	70	9	0	2	2.5	28	0	0	0	125
Caesar Dressing	1 pack	28	120	1	0	1	13	100	2.5	0	20	220
Mandarin Orange Cup	5 oz	142	80	19	1	1	0	0	0	0	0	15
Low Fat Strawberry Yogurt	1 each	142	140	27	0	6	1.5	7	1	0	5	90
Granola Topping	1 pack	21	110	15	1	2	4.5	36	0.5	0	0	0
Sour Cream & Chives Baked Potato	1 each	312	320	63	7	9	4	12	2.5	0	10	55
Buttery Best Spread	1 pack	11	50	0	0	0	6	100	1	0	0	90
Small Chili	8 oz	227	220	23	5	17	6	27	2.5	0	35	780
Large Chili	12oz	340	330	35	8	25	9	24	3.5	0.5	55	1170
Hot Chili Seasoning	1 pack	7	5	2	0	0	0	0	0	0	0	270
Saltine Crackers	2 each	6	25	0	0	0	0.5	20	0	0	0	95
Cheddar Cheese Shredded	2 Tbls.	17	70	1	0	4	6	71	3.5	0	15	110
Baked Lays	1 bag	32	130	26	2	2	2	15	0	0	0	200
Kids Meal French Fries	2.5oz	71	210	26	3	3	10	43	1.5	0	0	210
Small French Fries	4.5oz	128	370	47	5	5	18	43	2.5	1	0	380
Med. French Fries	5oz	142	420	53	5	6	20	43	3	1	0	430
Large French Fries	6.5oz	184	540	69	7	7	26	44	4	1	0	550
Crispy Chicken Nuggets												
4 Pieces Kid's Meal Nuggets	4 pc	60	190	10	0	10	12	58	2	0	30	420
5 Pieces Nuggets	5pc	75	230	12	0	12	15	61	3	0	35	520
10 Pieces Nuggets	10pc	150	460	24	0	24	30	58	6	0	70	1040
Barbecue Sauce	1 pack	28	45	10	0	1	0	0	0	0	0	170
Sweet & Sour Sauce	1pack	28	50	13	0	0	0	0	0	0	0	120
Honey Mustard Sauce	1pack	28	130	6	0	0	12	84	2	0	10	220
Heartland Ranch Dipping Sauce	1pack	35	200	1	0	0	22	100	3.5	0	15	280
Wild Buffalo Ranch Dipping Sauce	1pack	35	180	2	0	0	19	94	3	0	10	420