

CHEESESTEAKS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Chicken Philly - Small	430	100	11g	6g	0g	70mg	910mg	37g	2g	3g	32g	25%	15%	X	X		X	X		
Chicken Philly - Regular	720	160	18g	9g	0g	130mg	1520mg	55g	4g	5g	57g	40%	25%	X	X		X	X		
Chicken Philly - Large	1010	210	24g	12g	0.5g	190mg	2150mg	76g	6g	8g	82g	50%	35%	X	X		X	X		
Chicken California - Small	490	220	25g	8g	0g	75mg	1180mg	38g	3g	4g	32g	25%	15%	X	X		X	X		
Chicken California - Regular	800	360	40g	12g	0.5g	140mg	2010mg	56g	4g	5g	56g	40%	25%	X	X		X	X		
Chicken California - Large	1120	500	56g	17g	1g	205mg	2860mg	76g	6g	8g	82g	50%	35%	X	X		X	X		
Chicken Buffalo - Small	450	160	18g	7g	0g	80mg	940mg	41g	3g	4g	32g	25%	15%	X	X		X	X		
Chicken Buffalo - Regular	730	270	31g	11g	0g	140mg	3080mg	61g	5g	6g	57g	40%	25%	X	X		X	X		
Chicken Buffalo - Large	1030	380	44g	15g	0.5g	205mg	4320mg	84g	7g	8g	82g	50%	35%	X	X		X	X		
Chicken Teriyaki - Small	440	150	17g	7g	0g	80mg	940mg	41g	3g	6g	33g	30%	15%	X	X		X	X		X
Chicken Teriyaki - Regular	740	260	29g	11g	0.5g	145mg	1660mg	63g	5g	11g	58g	45%	25%	X	X		X	X		X
Chicken Teriyaki - Large	1040	370	42g	15g	1g	215mg	2410mg	88g	7g	15g	84g	60%	35%	X	X		X	X		X
Philly Cheesesteak - Small	470	200	22g	8g	0.5g	65g	1200mg	39g	2g	4g	27g	25%	20%	X	X		X	X		
Philly Cheesesteak - Regular	780	340	38g	14g	1g	125mg	2030mg	59g	4g	6g	51g	40%	35%	X	X		X	X		
Philly Cheesesteak - Large	1100	490	54g	20g	1.5g	180mg	2890mg	80g	5g	9g	73g	50%	50%	X	X		X	X		
Bacon 3 Cheesesteak - Small	550	260	29g	12g	0.5g	85mg	1230mg	39g	2g	4g	35g	40%	20%	X	X		X	X		
Bacon 3 Cheesesteak - Regular	850	390	43g	16g	1g	140mg	1950mg	59g	4g	6g	56g	40%	35%	X	X		X	X		
Bacon 3 Cheesesteak - Large	1200	570	63g	23g	1.5g	205mg	2870mg	80g	5g	9g	80g	50%	50%	X	X		X	X		
Veggie Delight - Small	460	190	22g	9g	0g	45mg	880mg	49g	5g	9g	21g	40%	15%	X	X		X	X		
Veggie Delight - Regular	620	250	28g	10g	0g	50mg	1310mg	71g	7g	13g	25g	45%	25%	X	X		X	X		
Veggie Delight - Large	870	360	41g	14g	0g	70mg	1880mg	98g	10g	18g	34g	60%	30%	X	X		X	X		
Old School Cheesesteak - Small	380	110	13g	4.5g	0g	50mg	1120mg	41g	2g	6g	26g	51%	20%		X		X	X		
Old School Cheesesteak - Regular	760	260	29g	11g	0.5g	140mg	2280mg	64g	3g	10g	64g	35%	45%		X		X	X		
Old School Cheesesteak - Large	1050	360	40g	15g	1g	195mg	3250mg	86g	4g	14g	86g	50%	60%		X		X	X		
Prime BBQ Jalapeño - Small	550	220	24g	10g	0g	75mg	1470mg	51g	3g	15g	31g	20%	25%	X	X		X	X		
Prime BBQ Jalapeño - Regular	940	380	43g	16g	0.5g	140mg	2510mg	83g	4g	28g	56g	30%	40%	X	X		X	X		
Prime BBQ Jalapeño - Large	1335	550	62g	23g	1g	205mg	3380mg	113g	6g	38g	81g	40%	60%	X	X		X	X		
Pepperoni Cheesesteak - Small	560	270	30g	11g	0g	90mg	1410mg	39g	2g	4g	33g	20%	20%	X	X		X	X		
Pepperoni Cheesesteak - Regular	890	440	49g	18g	0.5g	150mg	2290mg	58g	4g	7g	57g	30%	35%	X	X		X	X		
Pepperoni Cheesesteak - Large	1250	610	68g	24g	1g	215mg	3200mg	80g	5g	9g	82g	40%	50%	X	X		X	X		
Bacon Chipotle - Small	570	270	30g	10g	0g	95mg	1350mg	39g	3g	4g	38g	20%	30%	X	X		X	X		
Bacon Chipotle - Regular	820	350	40g	14g	0g	155mg	1970mg	57g	5g	6g	61g	30%	25%	X	X		X	X		
Bacon Chipotle - Large	1170	510	57g	19g	0.5g	230mg	2830mg	79g	7g	9g	89g	40%	40%	X	X		X	X		
Turkey Bacon Club - Small	620	280	31g	13g	0g	105mg	2100mg	44g	2g	5g	43g	40%	20%	X	X		X	X		
Turkey Bacon Club - Regular	830	320	36g	13g	0.5g	130mg	3580mg	66g	3g	8g	63g	35%	30%	X	X		X	X		
Turkey Bacon Club - Large	1090	460	52g	18g	0g	190mg	5300mg	92g	4g	11g	91g	45%	40%	X	X		X	X		
Hot Shot Italiano - Small	520	240	26g	9g	0g	70mg	1930mg	41g	2g	4g	30g	20%	15%	X	X		X	X		
Hot Shot Italiano - Regular	880	430	48g	16g	0g	130mg	3550mg	62g	3g	7g	53g	30%	25%	X	X		X	X		
Hot Shot Italiano - Large	1260	620	69g	22g	0.5g	185mg	5200mg	86g	4g	10g	76g	40%	35%	X	X		X	X		

TOPPINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Lettuce - Small	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%							
Lettuce - Regular	0	0	0g	0g	0g	0mg	0mg	<1g	<1g	0g	0g	0%	2%							
Lettuce - Large	5	0	0g	0g	0g	0mg	0mg	1g	<1g	<1g	<1g	2%	2%							
Tomato - Small	5	0	0g	0g	0g	0mg	0mg	1g	0g	<1g	0g	0%	0%							
Tomato - Regular	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	0%	0%							
Tomato - Large	10	0	0g	0g	0g	0mg	0mg	2g	<1g	1g	0g	0%	0%							
Mayo - Small	50	50	6g	1g	0g	<5mg	40mg	0g	0g	0g	0g	0%	0%	X						
Mayo - Regular	100	100	11g	1.5g	0g	10mg	80mg	0g	0g	0g	0g	0%	0%	X						
Mayo - Large	150	150	17g	2.5g	0g	10mg	120mg	<1g	0g	0g	0g	0%	0%	X						
Pickles - Small	0	0	0g	0g	0g	0mg	130mg	0g	0g	0g	0g	0%	0%							
Pickles - Regular	0	0	0g	0g	0g	0mg	260mg	0g	0g	0g	0g	0%	0%							
Pickles - Large	0	0	0g	0g	0g	0mg	390mg	0g	0g	0g	0g	0%	0%							
Banana Peppers - Small	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%							
Banana Peppers - Regular	0	0	0g	0g	0g	0mg	230mg	<1g	0g	0g	0g	0%	0%							
Banana Peppers - Large	0	0	0g	0g	0g	0mg	350mg	<1g	0g	0g	0g	0%	0%							
Jalapeños - Small	0	0	0g	0g	0g	0mg	240mg	<1g	0g	0g	0g	0%	2%							
Jalapeños - Regular	5	0	0g	0g	0g	0mg	360mg	1g	<1g	0g	0g	0%	2%							
Jalapeños - Large	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	0g	0%	2%							

WINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame	
BONELESS (1 Piece)																					
Plain	110	60	7g	1g	0g	10mg	270mg	6g	0g	1g	5g	4%	0%				X				
Bold BBQ	140	60	7g	1g	0g	10mg	410mg	14g	0g	8g	5g	4%	2%				X				
Buffalo	110	60	7g	1g	0g	10mg	600mg	7g	0g	1g	5g	4%	0%				X	X			
Cajun Rub	110	60	7g	1g	0g	10mg	630mg	6g	0g	1g	5g	4%	0%								
Garlic Parm	160	100	12g	2g	0g	10mg	560mg	8g	0g	1g	6g	6%	0%		X		X	X			
Korean BBQ	130	60	7g	1g	0g	10mg	520mg	11g	0g	5g	5g	4%	0%				X				X
Lemon Pepper Rub	110	60	7g	1g	0g	10mg	630mg	6g	0g	1g	5g	4%	0%				X				
Mango Habanero	130	60	7g	1g	0g	10mg	340mg	11g	0g	1g	5g	4%	0%				X				
Scorpion Sting	110	60	7g	1g	0g	10mg	630mg	6g	0g	1g	5g	4%	0%								
Teriyaki	140	60	7g	1g	0g	10mg	510mg	13g	0g	7g	5g	4%	0%		X		X				X
Thai Chili	150	60	7g	1g	0g	10mg	480mg	16g	0g	10g	5g	4%	0%		X		X	X			

WINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame	
CLASSIC (1 Piece)																					
Plain	120	80	9g	2.5g	0g	45mg	40mg	0g	0g	0g	10g	2%	4%				X				
Bold BBQ	160	80	9g	2.5g	0g	45mg	190mg	8g	0g	7g	10g	2%	4%				X				
Buffalo	130	80	10g	2.5g	0g	45mg	340mg	< 1g	0g	0g	10g	2%	4%					X			
Cajun Rub	150	110	13g	3g	0g	45mg	80mg	0g	0g	0g	10g	0%	4%								
Garlic Parm	180	120	14g	3.5g	0g	45mg	330mg	1g	0g	0g	11g	4%	4%		X		X	X			
Korean BBQ	140	80	9g	2.5g	0g	45mg	290mg	4g	0g	4g	10g	0%	4%		X		X				X
Lemon Pepper Rub	150	110	13g	3g	0g	45mg	80mg	0g	0g	0g	10g	0%	4%								
Mango Habanero	170	110	13g	3g	0g	45mg	115mg	5g	0g	4g	10g	0%	4%								
Scorpion Sting	150	110	13g	3g	0g	45mg	80mg	0g	0g	0g	10g	0%	4%								
Teriyaki	150	80	9g	2.5g	0g	45mg	280mg	7g	0g	6g	10g	2%	4%		X		X				X
Thai Chili	160	80	9g	2.5g	0g	45mg	250mg	10g	0g	9g	10g	2%	4%		X		X	X			

SAUCES & RUBS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Bold BBQ Sauce (2 oz.)	140	0	0g	0g	0g	0mg	580mg	32g	0g	28g	0g	0%	4%		X		X	X		
Buffalo Sauce (2 oz.)	30	10	2g	0g	0g	0mg	1320mg	4g	0g	0g	0g	0%	0%					X		
Cajun Rub (1/4 tsp.)	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%							
Garlic Parm Sauce (2 oz.)	160	140	16g	2g	0g	0mg	920mg	4g	0g	0g	0g	0%	0%		X		X	X		
Lemon Pepper Rub (1/4 tsp.)	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%							
Korean BBQ (2 oz.)	90	5	1g	0g	0g	0mg	990mg	17g	0g	16g	2g	0%	0%		X		X			X
Scorpion Sting Rub (1/4 tsp.)	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%							
Teriyaki	120	0	0g	0g	0g	0mg	960mg	28g	0g	24g	0g	0%	0%		X		X			X
Thai Chili Sauce (2 oz.)	160	0	0g	0g	0g	0mg	840mg	40g	0g	36g	0g	0%	0%		X		X	X		

FRIES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Original Fries - Regular	400	200	22g	7g	0g	0mg	510mg	46g	8g	0g	5g	2%	4%		X		X			
Original Fries - Large	800	400	44g	14g	0g	0mg	1010mg	93g	17g	0g	9g	6%	8%		X		X			
Cheese Gourmet Fries - Regular	550	270	30g	9g	0g	0mg	1040mg	62g	10g	3g	6g	4%	6%					X		
Cheese Gourmet Fries - Large	1090	540	60g	18g	0g	0mg	1900mg	124g	20g	5g	11g	8%	10%					X		
Cheese and Bacon Gourmet Fries - Regular	680	370	41g	13g	0g	20mg	1530mg	63g	10g	4g	15g	6%	6%					X		
Cheese and Bacon Gourmet Fries - Large	1360	740	82g	26g	0g	40mg	2870mg	126g	20g	7g	29g	8%	10%					X		
Ultimate Gourmet Fries - Regular	790	490	54g	16g	0g	25mg	1600mg	61g	10g	3g	15g	6%	6%	X				X		
Ultimate Gourmet Fries - Large	1570	970	108g	30g	0.5g	50mg	2800mg	122g	21g	6g	30g	8%	15%	X				X		

CATERING

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Cookie	380	180	19g	11g	0g	45mg	430mg	50g	2g	28g	5g	4%	10%	X	X		X	X		
Chips	210	110	2g	1.5g	0g	10mg	125mg	23g	2g	1g	3g	0%	4%							

SIDES & DIPS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Mozzarella Sticks	320	170	18g	8g	0g	45mg	1290mg	25g	< 1g	5g	13g	25%	8%		X		X	X		
Ranch Dip (1.5 oz.)	200	190	21g	3g	0g	15mg	280mg	2g	0g	< 1g	< 1g	2%	0%	X				X		
Cheese Sauce (2 oz.)	70	40	4.5g	2.5g	0g	< 5mg	680mg	6g	0g	2g	< 1g	4%	0%					X		

BEVERAGES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame	
KIDS (12 oz.)																					
Coke	90	0	0g	0g	0g	0mg	25mg	25g	0g	25g	0g	0%	0%								
Diet Coke	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%								
Coke Zero	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%								
Sprite	90	0	0g	0g	0g	0mg	20mg	24g	0g	24g	0g	0%	0%								
Fanta Orange	100	0	0g	0g	0g	0mg	0mg	26g	0g	26g	0g	0%	0%								
Barq's Root Beer	100	0	0g	0g	0g	0mg	10mg	27g	0g	27g	0g	0%	0%								
Hi-C Flashin' Fruit Punch	90	0	0g	0g	0g	0mg	10mg	26g	0g	26g	0g	0%	0%								
Dr. Pepper	80	0	0g	0g	0g	0mg	25mg	24g	0g	24g	0g	0%	0%								
Original Lemonade	130	0	0g	0g	0g	0mg	0mg	33g	0g	32g	<1g	0%	0%								
Iced Tea (Unsweetened)	0	0	0g	0g	0g	0mg	5mg	<1g	0g	0g	0g	0%	0%								
Iced Tea (Sweetened)	40	0	0g	0g	0g	0mg	5mg	11g	0g	10g	0g	0%	0%								
ICEE (12 oz.) - All flavors	95	0	0g	0g	0g	0mg	15mg	24g	0g	24g	0g	0%	0%								
REGULAR (21 oz.)																					
Coke	160	0	0g	0g	0g	0mg	40mg	43g	0g	43g	0g	0%	0%								
Diet Coke	0	0	0g	0g	0g	0mg	55mg	0g	0g	0g	0g	0%	0%								
Coke Zero	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g	0%	0%								
Sprite	150	0	0g	0g	0g	0mg	75mg	42g	0g	41g	0g	0%	0%								
Fanta Orange	170	0	0g	0g	0g	0mg	45mg	47g	0g	46g	0g	0%	0%								
Barq's Root Beer	170	0	0g	0g	0g	0mg	55mg	47g	0g	47g	0g	0%	0%								
Hi-C Flashin' Fruit Punch	160	0	0g	0g	0g	0mg	55mg	44g	0g	43g	0g	0%	0%								
Dr. Pepper	120	0	0g	0g	0g	0mg	35mg	33g	0g	32g	0g	0%	0%								
Real Fruit Lemonade - Strawberry	260	0	0g	0g	0g	0mg	0mg	67g	0g	64g	2g	0%	0%								
Real Fruit Lemonade - Peach	250	0	0g	0g	0g	0mg	0mg	66g	0g	64g	2g	0%	0%								
Real Fruit Lemonade - Watermelon Straw.	260	0	0g	0g	0g	0mg	0mg	68g	<1g	65g	2g	0%	0%								
Original Lemonade	220	0	0g	0g	0g	0mg	0mg	58g	0g	56g	2g	0%	0%								
Iced Tea (Unsweetened)	0	0	0g	0g	0g	0mg	10mg	<1g	0g	0g	0g	0%	0%								
Iced Tea (Sweetened)	60	0	0g	0g	0g	0mg	10mg	16g	0g	16g	0g	0%	0%								
LARGE (32 oz.)																					
Coke	230	0	0g	0g	0g	0mg	55mg	63g	0g	63g	0g	0%	0%								
Diet Coke	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%								
Coke Zero	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%								
Sprite	220	0	0g	0g	0g	0mg	110mg	61g	0g	60g	0g	0%	0%								
Fanta Orange	250	0	0g	0g	0g	0mg	65mg	69g	0g	68g	0g	0%	0%								
Barq's Root Beer	250	0	0g	0g	0g	0mg	85mg	69g	0g	69g	0g	0%	0%								
Hi-C Flashin' Fruit Punch	240	0	0g	0g	0g	0mg	85mg	65g	0g	63g	0g	0%	0%								
Dr. Pepper	180	0	0g	0g	0g	0mg	55mg	49g	0g	48g	0g	0%	0%								
Real Fruit Lemonade - Strawberry	390	0	0g	0g	0g	0mg	0mg	102g	<1g	98g	2g	0%	0%								
Real Fruit Lemonade - Peach	380	0	0g	0g	0g	0mg	0mg	100g	<1g	97g	3g	0%	0%								
Real Fruit Lemonade - Watermelon Straw.	400	0	0g	0g	0g	0mg	0mg	104g	1g	100g	2g	0%	0%								
Original Lemonade	330	0	0g	0g	0g	0mg	0mg	85g	0g	82g	2g	0%	0%								
Iced Tea (Unsweetened)	5	0	0g	0g	0g	0mg	15mg	2g	0g	0g	0g	0%	0%								
Iced Tea (Sweetened)	100	0	0g	0g	0g	0mg	15mg	25g	0g	24g	0g	0%	0%								

FROZEN TREATS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame	
SHAKES																					
Chocolate	530	140	16g	10g	0g	55mg	190mg	85g	1g	72g	10g	25%	6%		X				X		
Strawberry	400	140	16g	10g	0g	55mg	170mg	57g	0g	49g	9g	25%	0%						X		
Cookies & Cream	620	180	20g	11g	0g	55mg	280mg	99g	2g	79g	11g	25%	6%		X		X	X			
CONE																					
	230	40	4.5g	2.5g	0g	15mg	120mg	42g	1g	26g	4g	10%	4%		X		X	X			

BREAKFAST

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame	
BREAKFAST SANDWICHES																					
Egg and Cheese Sandwich	460	210	24g	9g	0g	400mg	850mg	37g	1g	4g	23g	30%	20%	X			X	X			
Bacon, Egg and Cheese Sandwich	490	240	26g	9g	0g	400mg	800mg	36g	1g	4g	25g	20%	20%	X			X	X			
Steak, Egg and Cheese Sandwich	520	220	25g	9g	0g	425mg	890mg	36g	1g	3g	36g	20%	30%	X	X		X	X			
SIDES																					
Hashbrowns	280	160	18g	3.5g	0g	0mg	400mg	27g	5g	0g	2g	2%	4%								
Orange Juice	110	0	0g	0g	0g	0mg	15mg	27g	0g	22g	2g	2%	0%								
Coffee	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%								

KIDS MEAL

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	(all) Nuts	Wheat	Dairy	Fish/Shell	Sesame
Chicken Tenders	690	320	36g	10g	0g	45mg	730mg	79g	9g	31g	18g	2%	15%		X		X	X		
4pc Boneless Wings	480	210	23g	6g	0g	30mg	1040mg	48g	6g	5g	18g	10%	4%		X		X	X		

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

*May include natural Trans Fats. There are no additional Trans Fats added. Federal regulation has exempted highly refined oils derived from the major allergens from being declared as an allergen. As such, the Soybean Oil that French Fries and Chicken Fingers are cooked in, as well as what is included in certain sauces,

is not indicated as an allergen. Please consult your doctor to determine if you should avoid products containing highly refined soybean oil.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

**Values represent sodium derived from beverage ingredients other than water. The actual amount of sodium in the beverage will vary based on the sodium content of the local water supply.