



NUTRITIONAL INFORMATION

CHEESESTEAKS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Bacon 3 Cheese Steak - Junior	430	190	20g	10g	0g	80mg	1360mg	31g	3g	2g	32g	20%	20%		X		X	X		X
Bacon 3 Cheese Steak - Regular	720	300	32g	14g	0.5g	135mg	1980mg	55g	5g	4g	56g	25%	35%		X		X	X		X
Bacon 3 Cheese Steak - Large	950	410	44g	20g	1.0g	195mg	2500mg	62g	5g	5g	77g	35%	45%		X		X	X		X
Bacon Chipotle - Junior	510	270	30g	9g	0g	80mg	1680mg	32g	3g	30g	15	15%	15%		X		X	X		X
Bacon Chipotle - Regular	820	370	40g	13g	0g	155mg	2450mg	57g	6g	5g	60g	25%	25%		X		X	X		X
Bacon Chipotle - Large	1060	520	56g	18g	0.5g	210mg	3070mg	64g	7g	6g	78g	35%	30%		X		X	X		X
Chicken Buffalo - Junior	340	110	11g	5g	0g	65mg	1870mg	32g	3g	2g	28g	15%	15%		X		X	X		X
Chicken Buffalo - Regular	620	180	18g	8g	0g	130mg	2880mg	59g	6g	5g	57g	25%	25%		X		X	X		X
Chicken Buffalo - Large	790	230	24g	11g	0g	190mg	3630mg	67g	8g	6g	79g	35%	30%		X		X	X		X
Chicken California - Junior	400	170	18g	7g	0g	70mg	1290mg	31g	3g	2g	31g	15%	15%		X		X	X		X
Chicken California - Regular	720	290	31g	11g	0g	135mg	2010mg	56g	5g	4g	57g	25%	25%		X		X	X		X
Chicken California - Large	880	340	37g	14g	0g	195mg	2420mg	62g	7g	5g	79g	35%	30%		X		X	X		X
Chicken Philly - Junior	350	110	12g	6g	0g	70mg	1310mg	33g	4g	3g	30g	15%	15%		X		X	X		
Chicken Philly - Regular	620	180	18g	9g	0g	130mg	1990mg	59g	7g	6g	56g	25%	25%		X		X	X		X
Chicken Philly - Large	800	230	25g	12g	0g	190mg	2460mg	69g	9g	8g	79g	35%	30%		X		X	X		X
Chicken Teriyaki - Junior	350	100	11g	6g	0g	70mg	940mg	35g	4g	5g	31g	15%	15%		X		X	X		X
Chicken Teriyaki - Regular	620	160	17g	8g	0g	130mg	1690mg	63g	6g	9g	57g	25%	25%		X		X	X		
Chicken Teriyaki - Large	800	210	22g	11g	0g	190mg	2230mg	74g	8g	13g	80g	35%	30%		X		X	X		X
Old School Philly - Junior	340	110	11g	4.0g	0g	50mg	1410mg	36g	3g	6g	25g	15%	20%		X		X	X		X
Old School Philly - Regular	760	260	28g	10g	0.5g	140mg	2590mg	66g	6g	11g	64g	30%	45%		X		X	X		X
Old School Philly - Large	970	360	38g	14g	1.0g	195mg	3330mg	76g	6g	14g	85g	45%	60%		X		X	X		X
Philly Cheese Steak - Junior	370	140	15g	7g	0g	60mg	1310mg	33g	3g	3g	28g	15%	20%		X		X	X		X
Philly Cheese Steak - Regular	670	240	26g	12g	0g	115mg	1990mg	60g	6g	6g	51g	25%	35%		X		X	X		X
Philly Cheese Steak - Large	860	330	35g	17g	0.5g	165mg	2450mg	67g	6g	7g	71g	35%	50%		X		X	X		X
Pit Boss BBQ Steak - Junior	550	230	25g	13g	0g	95mg	1740mg	46g	3g	14g	35g	35%	20%		X		X	X		X
Pit Boss BBQ Steak - Regular	860	330	35g	17g	0g	145mg	2590mg	81g	5g	28g	57g	45%	35%		X		X	X		X
Pit Boss BBQ Steak - Large	1220	470	51g	25g	0.5g	215mg	3450mg	110g	6g	38g	83g	60%	50%		X		X	X		X
Steak Bomb - Junior	500	230	25g	11g	0g	85mg	1660mg	38g	3g	4g	34g	20%	20%		X		X	X		X
Steak Bomb - Large	1130	500	53g	24g	1.0g	215mg	3480mg	79g	7g	10g	87g	50%	50%		X		X	X		X
Steak Bomb - Regular	800	360	39g	17g	1.0g	150mg	2370mg	57g	5g	7g	60g	35%	35%		X		X	X		X
Veggie Delight - Junior	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		

TOPPINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Banana Peppers - Junior	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%							
Jalapenos - Junior	0	0	0g	0g	0g	0mg	240mg	<1g	0g	0g	0g	0%	0%							
Jalapenos - Regular	5	0	0g	0g	0g	0mg	360mg	1g	<1g	0g	0g	0%	0%							
Jalapenos - Large	10	0	0g	0g	0g	0mg	470mg	1g	<1g	<1g	0g	0%	0%							
Lettuce - Junior	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%							
Mayo - Junior	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 - Junior	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%							
Tomato - Junior	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%							

WINGS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	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	120	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%				X			
Garlic Parm	160	110	12g	2.0g	0g	10mg	560mg	8g	0g	1g	6g	6%	0%				X	X		
Hot Honey	140	60	7g	1g	0g	10mg	480mg	16g	0g	8g	5g	4%	0%				X			
Lemon Pepper	110	60	7g	1g	0g	10mg	630mg	6g	0g	1g	5g	4%	0%				X			
Mango Habanero	130	60	7g	1g	0g	10mg	340 mg	11g	0g	1g	5g	4%	0%				X			
Teriyaki	140	60	7g	1g	0g	10mg	510mg	13g	0g	7g	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	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
CLASSIC (1 Piece)																				
Plain	120	80	9g	2.5g	0g	45mg	40mg	0g	0g	1g	10g	2%	4%				X			
Bold BBQ	160	80	9g	2.5g	0g	45mg	190mg	8g	0g	7g	10g	2%	4%				X			
Buffalo	130	60	7g	1g	0g	10mg	600mg	7g	0g	1g	5g	4%	0%					X		
Cajun Rub	150	110	13g	3g	0g	45mg	80mg	0g	0g	0g	10g	0%	4%							
Garlic Parm	170	120	14g	3.5g	0g	45mg	330mg	1g	0g	0g	11g	4%	4%					X		
Hot Honey	160	80	9g	2.5g	0g	45mg	250 mg	9g	0g	7g	10g	0%	4%							
Lemon Pepper	150	110	13g	3g	0g	45mg	80mg	0g	0g	0g	10g	0%	4%							
Mango Habanero	170	110	13g	3g	0g	45mg	115mg	5g	0g	0g	10g	0%	4%							
Teriyaki	150	80	9g	2.5g	0g	45mg	280mg	7g	0g	6g	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	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Bold BBQ Sauce (2oz)	140	0	0g	0g	0g	0mg	580mg	32g	0g	28g	0g	0%	0%		X		X	X		
Buffalo Sauce (2oz)	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%							
Charleys Signature Sauce (2oz)	250	0	23g	4g	0g	20mg	550mg	14g	0g	14g	0g	0%	0%	X						
Garlic Aioli (2oz)	280	270	30g	4g	0g	20mg	620mg	2g	0g	0g	0g	0%	0%	X				X		
Garlic Parm Sauce (2oz)	160	140	16g	2g	0g	0g	920mg	4g	0g	0g	9g	0%	0%					X		
Hot Honey Sauce (2oz)	140	0	0g	0g	0g	0mg	840mg	37g	0g	28g	0g	0%	0%							
Lemon Pepper Rub (1/4 tsp)	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%							
Mango Habanero Sauce (2oz)	80	0	0g	0g	0g	0mg	300mg	20g	0g	0g	0g	0%	0%							
Teriyaki Sauce (2oz)	120	0	0g	0g	0g	0mg	960mg	28g	0g	24g	0g	0%	0%		X		X			X

TENDERS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Chicken Tenders 3pc	520	310	35g	10g	0g	85mg	860mg	24g	9g	0g	27g	0%	10%	X			X	X		
Chicken Tenders 5pc	860	520	58g	17g	0g	145mg	1430mg	40g	14g	0g	46g	2%	20%	X			X	X		
Chicken Tenders 3pc - Garlic Soy	610	310	35g	10g	0g	85mg	1590mg	45g	9g	18g	27g	0%	10%	X	X		X	X		
Chicken Tenders 5pc - Garlic Soy	1020	520	58g	17g	0g	145mg	2640 mg	75g	14g	30g	46g	2%	20%	X	X		X	X		
Chicken Tenders 3pc - Spicy Garlic	700	320	36g	10g	0g	85mg	2400mg	63g	10g	32g	29g	0%	10%	X			X	X		
Chicken Tenders 5pc - Spicy Garlic	1020	540	60g	17g	0g	145mg	2790mg	70g	16g	23g	48g	2%	20%	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	Nut/ Tree Nut	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			
Caveman Fries - Regular	800	490	55g	15g	0g	30mg	1580mg	62g	10g	4g	15g	4%	8%					X		
Caveman Fries - Large	1470	890	100g	26g	0g	40mg	2670mg	124g	21g	6g	21g	6%	15%					X		
Cheese Fries – Regular	550	270	30g	9g	0g	0mg	1040mg	62g	10g	3g	6g	4%	6%					X		
Cheese Fries – Large	1090	540	60g	18g	0g	0mg	2280mg	124g	20g	5g	11g	8%	10%					X		
Cheese and Bacon Fries – Regular	680	370	41g	13g	0g	20g	1530mg	63g	10g	4g	15g	6%	6%					X		
Cheese and Bacon Fries – Large	1330	720	81g	26g	0g	40mg	3020mg	123g	20g	6g	29g	8%	10%					X		
Cowboy Fries - Regular	770	430	48g	13g	0g	15mg	1860mg	73g	10g	13g	11g	4%	8%					X		
Cowboy Fries - Large	1540	870	97g	26g	0g	30mg	3150mg	146g	20g	27g	21g	8%	15%					X		
Garlic Parm Fries - Regular	720	460	51g	12g	0g	20mg	1550mg	58g	10g	0g	8g	8%	6%					X		
Garlic Parm Fries - Large	1450	920	102g	25g	0g	45mg	2520mg	116g	20g	0g	15g	15%	10%					X		
Ultimate Fries – Regular	790	490	54g	16g	0g	25mg	1600mg	61g	10g	3g	15g	6%	6%	X				X		
Ultimate 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	Nut/ Tree Nut	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	10g	125mg	23g	2g	1g	3g	0%	0%							

SIDES & DIPS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Cheese Sauce (2 oz.)	70	40	4.5g	2.5g	0g	< 5mg	680mg	6g	0g	2g	< 1g	4%	0%					X		
Grilled Veggies	70	0	0g	0g	0g	0mg	410mg	14g	6g	6g	3g	6%	0%							
Mac & Cheese Bites	490	300	33g	10g	0g	45mg	1700mg	43g	2g	0g	17g	20%	9880%		X		X	X		
Miss Vickie's Sea Salt Potato Chips	150	81	9g	1g	0g	0mg	125mg	17g	1g	<1g	2g	0%	42%							
Mozzarella Sticks	630	390	44g	16g	2.0g	75mg	1890mg	38g	<1g	7g	20g	40%	10%	X	X		X	X		
Onion Rings	380	70	22g	3.5g	0g	0mg	470mg	38g	2g	5g	3g	0%	15%		X		X			
Ranch Dip (1.5 oz.)	200	190	21g	3g	0g	15mg	280mg	2g	0g	<1g	<1g	2%	0%	X				X		
Side Salad	320	240	27g	8g	0g	35mg	860mg	13g	3g	6g	10g	20%	6%		X					



NUTRITIONAL INFORMATION

LEMONADES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Original Lemonade - Regular	220	0	0g	0g	0g	0mg	0mg	58g	0g	56g	2g	0%	0%							
Original Lemonade-Large	330	0	0g	0g	0g	0mg	0mg	85g	0g	82g	2g	0%	0%							
Mango Lemonade - Regular	260	0	0g	0g	0g	0mg	0mg	67g	0g	64g	2g	0%	0%							
Mango Lemonade - Large	390	0	0g	0g	0g	0mg	0mg	103g	0g	99g	2g	0%	0%							
Peach Lemonade - Regular	250	0	0g	0g	0g	0mg	0g	66g	0g	64g	2g	0%	0%							
Peach Lemonade - Large	380	0	0g	0g	0g	0mg	0g	100g	<1g	97g	3g	0%	0%							
Strawberry Lemonade – Regular	260	0	0g	0g	0g	0mg	0g	67g	0g	64g	2g	0%	0%							
Strawberry Lemonade – Large	390	0	0g	0g	0g	0mg	0mg	102g	<1g	98g	2g	0%	0%							
Watermelon Strawberry Lemonade – Regular	260	0	0g	0g	0g	0mg	0mg	68g	<1g	65g	2g	0%	0%							
Watermelon Strawberry Lemonade – Large	400	0	0g	0g	0g	0mg	0mg	104g	1g	100g	2g	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	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
SHAKES																				
Chocolate	530	140	16g	10g	0g	55mg	190mg	85g	1g	72g	10g	25%	6%		X			X		
Cookies & Cream	620	180	20g	11g	0g	55mg	280mg	99g	2g	79g	11g	25%	6%				X	X		
Peanut Butter	860	360	40g	15g	0g	60mg	470mg	111g	4g	91g	19g	30%	15%		X	X		X		
Strawberry (12.41 oz)	470	150	17g	10g	0g	60mg	180mg	70g	<1g	60mg	9g	25%	0%					X		
CONE	230	40	4.5g	2.5g	0g	15mg	120mg	42g	1g	26g	4g	10%	4%	X			X	X		

BEVERAGES

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
KIDS (12 oz.)																				
Barq's Root Beer	100	0	0g	0g	0g	0mg	10mg	27g	0g	27g	0g	0%	0%							
Coke	90	0	0g	0g	0g	0mg	25mg	25g	0g	25g	0g	0%	0%							
Coke Zero	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%							
Diet Coke	0	0	0g	0g	0g	0mg	10mg	0g	0g	0g	0g	0%	0%							
Dr. Pepper	80	0	0g	0g	0g	0mg	25mg	24g	0g	24g	0g	0%	0%							
Fanta Orange	100	0	0g	0g	0g	0mg	0mg	26g	0g	26g	0g	0%	0%							
Hi-C Flashin' Fruit Punch	90	0	0g	0g	0g	0mg	10mg	26g	0g	26g	0g	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%							
Lemonade (12 oz.)	130	0	0	0g	0g	0mg	0mg	33g	0g	32g	<1g	0%	0%							
Sprite	90	0	0g	0g	0g	0mg	20mg	24g	0g	24g	0g	0%	0%							
ICEE (12 oz.) All flavors	95	0	0g	0g	0g	0mg	15mg	24g	0g	24g	0g	0%	0%							
ICEE (16oz.) All Flavors	140	0	0g	0g	0g	0mg	40mg	38mg	0g	26g	0g	0%	0%							
ICEE (20 oz.) All Flavors	160	0	0g	0g	0g	0mg	45mg	43mg	0g	29g	0g	0%	0%							
REGULAR (21 oz.)																				
Barq's Root Beer	170	0	0g	0g	0g	0mg	55mg	47g	0g	47g	0g	0%	0%							
Coke	160	0	0g	0g	0g	0mg	40mg	43g	0g	43g	0g	0%	0%							
Coke Zero	0	0	0g	0g	0g	0mg	45mg	0g	0g	0g	0g	0%	0%							
Diet Coke	0	0	0g	0g	0g	0mg	55mg	0g	0g	0g	0g	0%	0%							
Dr. Pepper	120	0	0g	0g	0g	0mg	35mg	33g	0g	32g	0g	0%	0%							
Fanta Orange	170	0	0g	0g	0g	0mg	45mg	47g	0g	46g	0g	0%	0%							
Hi-C Flashin' Fruit Punch	160	0	0g	0g	0g	0mg	55mg	44g	0g	43g	0g	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%							
Sprite	150	0	0g	0g	0g	0mg	75mg	42g	0g	41g	0g	0%	0%							
LARGE (32 oz.)																				
Barq's Root Beer	250	0	0g	0g	0g	0mg	85mg	69g	0g	69g	0g	0%	0%							
Coke	230	0	0g	0g	0g	0mg	55mg	63g	0g	63g	0g	0%	0%							
Coke Zero	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%							
Diet Coke	0	0	0g	0g	0g	0mg	80mg	0g	0g	0g	0g	0%	0%							
Dr. Pepper	180	0	0g	0g	0g	0mg	55mg	49g	0g	48g	0g	0%	0%							
Fanta Orange	250	0	0g	0g	0g	0mg	65mg	69g	0g	68g	0g	0%	0%							
Hi-C Flashin' Fruit Punch	240	0	0g	0g	0g	0mg	85mg	65g	0g	63g	0g	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%							
Sprite	220	0	0g	0g	0g	0mg	110mg	61g	0g	60g	0g	0%	0%							

BREAKFAST

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Egg and Cheese Sandwich	440	220	24g	9g	0g	390mg	840mg	30g	2g	2g	24g	20%	20%	X	X		X	X		X
Bacon, Egg and Cheese Sandwich	460	240	26g	9g	0g	400mg	790mg	30g	3g	2g	25g	15%	20%	X	X		X	X		X
Steak, Egg and Cheese Sandwich	490	230	25g	8g	0g	425mg	880mg	30g	2g	2g	36g	15%	30%	X	X		X	X		X
Coffee	0	0	0g	0g	0g	0g	5mg	0g	0g	0g	0g	0%	0%							
Hashbrowns	280	160	18g	3.5g	0g	0g	400mg	27mg	5g	0g	2g	0%	4%							
Orange Juice	110	0	0g	0g	0g	0mg	15mg	27g	0g	22g	2g	2%	0%							



NUTRITIONAL INFORMATION

KIDS MEALS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
4pc Boneless Wings	480	210	23g	6g	0g	30mg	1040mg	48g	6g	5g	18g	10%	4%		X		X	X		
Chicken Tenders	690	320	36g	10g	0g	45mg	730mg	79g	9g	31g	18g	2%	15%		X		X	X		
Kids Fries	240	120	13g	4g	0g	0g	190mg	28g	5g	0g	3g	0%	2%							
Oreo-2 Pack	100	45	5	1.0g	0g	0mg	105mg	16g	0g	9g	1g	0%	6%		X		X			

PROTEIN BOX

	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat*	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Calcium	Iron	Egg	Soy	Nut/ Tree Nut	Wheat	Dairy	Fish/ Shell	Sesame
Protein Box- Chicken- Regular	310	110	12g	6g	0g	110mg	1160mg	13g	6g	5g	41g	20%	15%		X			X		
Protein Box- Chicken - Large	450	160	18g	9g	0g	160mg	1530mg	15g	7g	6g	60g	20%	15%		X			X		
Protein Box- Steak- Regular	380	170	19g	9g	0g	105mg	1200mg	13g	5g	5g	40g	20%	30%		X			X		
Protein Box- Steak - Large	550	260	29g	14g	0.5g	155mg	1610mg	15g	5g	6g	59g	30%	35%		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 Soy-bean 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.