



Item Name	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Burgers and Sandwiches (560 - 1090 Cals)													
Cheeseburger	1	Serving	650	340	38	12	1	120	910	38	2	10	38
Double Cheeseburger	1	Serving	1010	560	62	22	2	240	1200	39	2	11	71
Bacon Cheeseburger	1	Serving	730	390	44	14	1	140	1200	38	2	10	44
Bacon Double Cheeseburger	1	Serving	1090	610	68	24	2	255	1500	39	2	11	77
Texas Hell Burger	1	Serving	770	430	48	17	1	130	890	41	1	7	41
Beyond Burger	1	Serving	570	280	31	6	0	10	1150	50	4	11	27
Chicken Sandwich	1	Serving	560	230	26	3	0	40	760	51	3	6	32
Spicy Chicken Sandwich	1	Serving	560	230	26	3	0	40	760	51	3	6	32
Chicken Only (630 - 6650 Cals)													
2 pc chicken only	1	Serving	650	400	44	9.5	0	135	810	28	--	0	36
3 pc chicken only	1	Serving	890	540	59	13	0	175	1090	40	--	0	49
4 pc chicken only	1	Serving	1540	880	96	22	0	280	1840	65	--	0	102
6 pc chicken only	1	Serving	2190	1280	140	31.5	0	415	2650	93	--	0	138
8 pc chicken only	1	Serving	3080	1760	192	44	0	560	3680	130	--	0	204

12 pc chicken only	1	Serving	4620	2640	288	66	0	840	5520	195	--	0	306
16 pc chicken only	1	Serving	6160	3520	384	88	0	1120	7360	260	--	0	408
7													
Chicken Tender's Only (350 - 680 Cals)													
3 pc chicken tender's only	1	Serving	390	180	21	1.5	0	60	660	0	--	0	30
5 pc chicken tender's only	1	Serving	650	300	35	2.5	0	100	1100	0	--	0	50
Family Meals (1670 - 9800 Cals)													
Family Meal 8 PC Chicken-Highest Calorie Option	1	Serving	4440	2030	225	56	0	555	8810	375	11	16	237
Family Meal 8 PC Chicken-Lowest Calorie Option	1	Serving	3740	2010	223	62	0	555	5600	208	0	6	219
Family Meal 8 PC Tenders-Highest Calorie Option	1	Serving	2370	790	88	17	0	170	6900	296	11	16	109
Family Meal 8 PC Tenders-Lowest Calorie Option	1	Serving	1670	770	86	23	0	170	3690	128	0	6	90
Family Meal 12 PC Chicken-Highest Calorie Option	1	Serving	7120	3100	344	84	0	835	15140	660	22	31	367
Family Meal 12 PC Chicken-Lowest Calorie Option	1	Serving	5720	3050	339	96	0	835	8720	324	0	10	331
Family Meal 12 PC Tenders-Highest Calorie Option	1	Serving	4020	1240	138	26	0	255	12280	541	22	31	174
Family Meal 12 PC Tenders-Lowest Calorie Option	1	Serving	2620	1200	133	38	0	255	5860	205	0	10	138
Family Meal 16 PC Chicken-Highest Calorie Option	1	Serving	9800	4170	463	112	0	1110	21470	945	33	45	497
Family Meal 16 PC Chicken-Lowest Calorie Option	1	Serving	7700	4100	456	130	0	1110	11840	441	0	14	442
Family Meal 16 PC Tenders-Highest Calorie Option	1	Serving	5670	1690	188	35	0	340	17660	786	33	45	239
Family Meal 16 PC Tenders-Lowest Calorie Option	1	Serving	3560	1630	181	53	0	340	8020	282	0	14	185
Sides (80 - 1320 Cals)													
Biscuit	1	Serving	110	45	5	3	0	0	320	13	0	1	2

Mashed Potatoes with Gravy	1	Serving	460	60	6	0	0	0	1930	97	6	6	11
Cole slaw	6	Ounce-weight	360	280	31	5	0	30	600	22	3	17	1
Corn on the Cob	1	Each	150	15	1.5	0	0	0	0	30	2	7	4
French fries, small	1	Serving	300	120	13	1	0	0	400	41	--	0	4
French fries, large	1	Serving	580	230	25	2.5	0	0	770	79	--	0	9
Add Cheese	2.5	Ounce-weight	80	50	6	3	0	0	550	7	0	2	1

Beverages (0 - 210 Cals)

Diet Coke	12	Fluid ounce	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	16	Fluid ounce	0	0	0	0	0	0	55	0	0	0	0
Sprite	12	Fluid ounce	160	0	0	0	0	0	35	40	0	36	0
Sprite	16	Fluid ounce	210	0	0	0	0	0	50	54	0	47	0
Coke	12	Fluid ounce	140	0	0	0	0	0	45	39	0	39	0
Coke	16	Fluid ounce	190	0	0	0	0	0	60	52	0	52	0
Ginger Ale	12	Fluid ounce	0	0	0	0	0	0	35	26	0	26	0
Ginger Ale	16	Fluid ounce	0	0	0	0	0	0	45	35	0	35	0
Fanta Orange	12	Fluid ounce	160	0	0	0	0	0	60	45	0	44	0
Fanta Orange	16	Fluid ounce	210	0	0	0	0	0	80	60	0	59	0
Fuze Sweet Tea	12	Fluid ounce	100	0	0	0	0	0	115	26	0	25	0
Fuze Sweet Tea	16	Fluid ounce	130	0	0	0	0	0	150	35	0	33	0
Bottle Water	1	Bottle	0	0	0	0	0	0	0	0	0	0	0

Individual Pieces of Chicken (130 - 650 Cals)

Wing	1	Serving	240	140	15	3.5	0	40	280	12	--	0	13
Thigh	1	Serving	440	270	30	6	0	90	580	21	--	0	22
Breast	1	Serving	650	340	37	9	0	105	750	25	--	0	53
Chicken Tender	1	Serving	130	60	7	0.5	0	20	220	6	--	0	10

Leg	1	Serving	210	130	14	3.5	0	45	230	7	--	0	14
2 pc chicken only	1	Serving	650	400	44	9.5	0	135	810	28	--	0	36
3 pc chicken only	1	Serving	890	540	59	13	0	175	1090	40	--	0	49
4 pc chicken only	1	Serving	1540	880	96	22	0	280	1840	65	--	0	102
6 pc chicken only	1	Serving	2190	1280	140	31.5	0	415	2650	93	--	0	138
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