

Lunch/Dinner - Entrees & Chicken													
ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	Allergens
Fried Chicken Gizzards 1/2 lb	1/2 lb (227g/8 oz)	420	130	14	3	0	785	380	4	0	0	65	CONTAINS: EGG, WHEAT
Fried Chicken Gizzards, 1 lb	1 lb (454g/16 oz)	840	250	29	6	0.5	1575	760	7	0	0	130	CONTAINS: EGG, WHEAT
Fried Chicken Leg	1 leg (97g/3.4 oz)	120	90	10	2	0	25	420	3	0	0	7	CONTAINS: EGG, WHEAT
Fried Chicken Livers 1/2 lb	1/2 lb (227g/8 oz)	460	200	22	6	0	1200	460	6	0	0	55	CONTAINS: EGG, WHEAT
Fried Chicken Livers, 1 lb	1 lb (454g/16 oz)	910	390	44	12	0	2400	910	12	0	0	111	CONTAINS: EGG, WHEAT
Fried Chicken Thigh	1 thigh (136g/4.8 oz)	180	120	14	3	0	45	590	4	0	1	11	CONTAINS: EGG, WHEAT
Fried Chicken Wing	1 wing (63g/2.2 oz)	80	50	6	1.5	0	20	250	2	0	0	5	CONTAINS: EGG, WHEAT
Fried Chicken Skewer	1 each (227g/8 oz)	510	320	36	7	0	95	1230	13	1	0	37	CONTAINS: EGG, WHEAT
Grilled Chicken Skewer	1 each (227g/8 oz)	280	80	9	1	0	120	1010	10	0	0	40	
Jumbo Chicken Tenders, 1pc Snax	1 serving (113g/4 oz)	260	160	18	3.5	0	50	610	6	0	0	18	CONTAINS: EGG, WHEAT
Jumbo Chicken Tenders, 2pc Lunchbox	1 serving (514g/18.1 oz)	1070	530	60	10	0	110	1390	93	10	6	45	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Tenders, 3pc Snax	1 serving (340g/12 oz)	770	480	54	10	0	145	1840	19	1	0	55	CONTAINS: EGG, WHEAT
Jumbo Chicken Tenders, 4pc Lunchbox	1 serving (740g/26.1 oz)	1590	850	96	17	0	210	2620	105	10	6	82	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Tenders, 5pc Snax	1 serving (567g/20 oz)	1280	800	90	17	0	240	3070	31	1	0	92	CONTAINS: EGG, WHEAT
Jumbo Chicken Wings, 1pc Regular	1 serving (43g/1.5 oz)	100	60	7	2	0	40	310	3	0	0	6	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 1pc Spicy	1 serving (43g/1.5 oz)	110	60	7	2	0	30	440	3	0	0	9	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 3pc Regular	1 serving (129g/4.5 oz)	290	170	20	5	0	120	930	9	0	0	18	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 3pc Spicy	1 serving (129g/4.5 oz)	330	190	21	6	0	90	1310	8	0	0	27	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 6pc Regular	1 serving (258g/9.1 oz)	570	340	39	11	0	240	1860	18	0	0	36	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 6pc Spicy	1 serving (258g/9.1 oz)	660	370	42	12	0	180	2610	15	0	0	54	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 9pc Regular	1 serving (387g/13.7 oz)	860	520	59	16	0	360	2790	27	0	0	54	CONTAINS: EGG, SOY, WHEAT
Jumbo Chicken Wings, 9pc Spicy	1 serving (387g/13.7 oz)	990	560	63	18	0	270	3920	23	0	0	81	CONTAINS: EGG, SOY, WHEAT
12 Count Honey BBQ Wings	6 Wings (144g/5.1 oz)	330	180	21	5	0	145	670	14	0	10	22	CONTAINS: WHEAT
12 Count Honey BBQ Wings	12 Wings (288g/10.2 oz)	660	360	42	10	0	290	1340	28	0	20	44	CONTAINS: WHEAT
12 Count Wings Of Fire	6 Wings (144g/5.1 oz)	330	200	23	5	0	165	840	2	0	0	30	CONTAINS: WHEAT
12 Count Wings Of Fire	12 Wings (288g/10.2 oz)	660	400	46	10	0	330	1680	4	0	0	60	CONTAINS: WHEAT
Whole Bird Hot	1/4 Chicken (258g/9.1 oz)	480	300	34	9	0	170	1470	3	0	2	41	
Whole Bird Hot	1 Chicken (516g/18.2 oz)	1920	1200	136	36	0	680	5880	12	0	8	164	
Whole Bird Cold	1/4 Chicken (258g/9.1 oz)	480	300	34	9	0	170	1470	3	0	2	41	
Whole Bird Cold	1 Chicken (516g/18.2 oz)	1920	1200	136	36	0	680	5880	12	0	8	164	
3 Piece Jumbo Wings	3 Wings (133g/4.7 oz)	310	190	22	6	0	120	1020	10	0	0	18	CONTAINS: EGGS, SOY, WHEAT
6 Piece Jumbo Wings	6 Wings (266g/9.6 oz)	620	380	44	12	0	240	2040	20	0	0	36	CONTAINS: EGGS, SOY, WHEAT
9 Piece Jumbo Wings	9 Wings (399g/14 oz)	310	190	22	6	0	120	1020	10	0	0	18	CONTAINS: EGGS, SOY, WHEAT
15 Piece Jumbo Wings	3 Wings (133g/4.7 oz)	310	190	22	6	0	120	1020	10	0	0	18	CONTAINS: EGGS, SOY, WHEAT
3 Piece Jumbo Tenders	3 Tenders (113g/4 oz)	230	100	12	2	0	50	660	7	0	0	20	CONTAINS: EGGS, WHEAT
5 Piece Jumbo Tenders	5 Tenders (188g/6.6 oz)	380	170	20	3	0	80	1100	12	0	0	30	CONTAINS: EGGS, WHEAT
2 Piece Cold Chicken	1 pack (365g/12.9 oz)	620	410	46	11	0	140	2160	16	1	2	36	CONTAINS: EGGS, WHEAT
3 Piece Cold Chicken	1 pack (462g/16.3 oz)	740	500	56	13	0	165	2570	19	1	2	42	CONTAINS: EGGS, WHEAT
Chicken Livers Small	1 pack (113g/4 oz)	230	100	11	3	0	600	230	3	0	0	28	CONTAINS: EGGS, WHEAT
Chicken Livers Large	1 pack (226g/8 oz)	460	200	22	6	0	1200	460	6	0	0	56	CONTAINS: EGGS, WHEAT
Chicken Gizzards Small	1 pack (113g/4 oz)	210	60	7	2	0	395	190	2	0	0	33	CONTAINS: EGGS, WHEAT
Chicken Gizzards Large	1 pack (226g/8 oz)	420	120	14	4	0	790	380	4	0	0	66	CONTAINS: EGGS, WHEAT
Popcorn Chicken	1 pack (170g/6 oz)	420	220	24	4	0	45	1130	26	4	0	26	CONTAINS: WHEAT
Popcorn Chicken Munchie	1 pack (198g/7 oz)	440	200	23	4	0	55	1370	32	5	0	32	CONTAINS: WHEAT

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Popcorn Spicy Chicken Munchie	1 pack (227g/8 oz)	460	200	23	4	0	55	2150	34	5	0	32	CONTAINS: WHEAT
BBQ Sauce	1 serving (28g/1 oz)	45	0	0	0	0	0	310	12	0	10	0	
Blue Cheese	1 serving (43g/1.5 oz)	190	170	19	3	0	25	500	5	0	1	1	CONTAINS: EGG, MILK, SOY
Buffalo Sauce	1 serving (30 g/1 oz)	50	40	4.5	0.5	0	5	790	3	0	2	0	CONTAINS: EGG
Cool Ranch	1 serving (43g/1.5 oz)	260	240	28	4	0	10	240	2	0	2	0	CONTAINS: EGG, MILK
Honey Mustard	1 serving (28g/1 oz)	120	110	12	2	0	10	230	5	0	4	0	CONTAINS: EGG, SOY
Sweet N Sour	1 serving (28g/1 oz)	50	0	0	0	0	0	160	12	0	9	0	CONTAINS: SOY
Sausage with Peppers & Onions, Large	1 serving (266g/9.4 oz)	430	260	30	11	0	100	1280	12	4	5	27	
Sausage with Peppers & Onions	1 serving (215g/7.6 oz)	310	180	20	7	0	65	910	11	4	5	18	
BBQ Chicken Wrap	1 wrap (235g/8.3 oz)	490	130	15	4.5	0	25	1690	77	1	23	13	CONTAINS: EGG, SOY, WHEAT
Bubba Burger, Bologna, Elm Hill	1 serving (128g/4.5 oz)	360	140	15	6	0	20	900	38	1	2	14	CONTAINS: SOY, WHEAT
Bubba Burger, Bologna, Tyson	1 serving (184g/6.5 oz)	510	260	30	12	0	70	1270	44	1	8	19	CONTAINS: WHEAT
Buffalo Chicken Wrap	1 wrap (235g/8.3 oz)	410	140	15	4.5	0	25	2710	53	1	1	13	CONTAINS: EGG, WHEAT
Cheeseburger Combo, Holten, with Fried Potato Wedges	1 serving (438g/15.4 oz)	970	480	54	17	1.5	105	780	94	10	8	30	CONTAINS: MILK, SOY, WHEAT
Cheeseburger Combo, Pierre, with Fried Potato Wedges	1 serving (456g/16.1 oz)	1040	490	56	17	1	115	930	102	10	5	34	CONTAINS: MILK, WHEAT
Cheeseburger, Grilled, Holten	1 serving (179g/6.3 oz)	500	270	31	13	1.5	90	780	30	1	5	24	CONTAINS: MILK, SOY, WHEAT
Cheeseburger, Grilled, Pierre	1 serving (197g/7 oz)	560	290	33	14	1	100	930	38	1	2	29	CONTAINS: MILK, WHEAT
Chicken and Cheese Wrap	1 serving (221g/7.8 oz)	550	250	28	12	0.5	70	1720	51	1	1	22	CONTAINS: EGG, MILK, WHEAT
Chicken and Cheese Wrap with Ranch	1 serving (277g/9.8 oz)	850	520	59	17	0.5	75	2340	54	1	3	22	CONTAINS: EGG, MILK, WHEAT
Crispy Fried Chicken Sandwich	1 serving (314g/11.1 oz)	530	220	25	5	0	60	1540	54	1	4	23	CONTAINS: EGG, WHEAT
Double Stack Sausage, Egg, Bacon and Cheese	1 serving (258g/9.1 oz)	680	420	47	17	6	255	2000	38	1	3	29	CONTAINS: EGG, MILK, SOY, WHEAT
Egg White Delight English Muffin	1 serving (127g/4.5 oz)	210	45	5	2.5	0	20	590	24	1	1	13	CONTAINS: EGG, MILK, SOY, WHEAT
Grilled Chicken Sandwich	1 serving (198g/7 oz)	450	160	19	4	0	75	1070	46	1	4	25	CONTAINS: WHEAT
Jumbo Chicken Tender Sandwich, Fried	1 serving (255g/9 oz)	660	270	31	5	0	75	1370	54	1	3	35	CONTAINS: EGG, WHEAT
Jumbo Tenders 2pc Lunchbox	1 serving (498g/17.6 oz)	1090	520	59	10	0	110	1390	89	9	5	45	CONTAINS: EGG, SOY, WHEAT
Jumbo Tenders 4pc Lunchbox	1 serving (724g/25.5 oz)	1650	840	95	17	0	205	2620	101	10	6	82	CONTAINS: EGG, SOY, WHEAT
Macaroni and Cheese	1 serving (170g/6 oz)	250	100	11	5	0	15	750	27	1	5	11	CONTAINS: EGG, MILK, WHEAT
Mashed Potatoes w/Gravy, Resers	1 serving (170g/6 oz)	190	90	10	4.5	0	15	700	23	2	1	3	CONTAINS: MILK, SOY, WHEAT
Mashed Potatoes w/Gravy, Simplot	1 serving (170g/6 oz)	120	40	5	1	0	0	640	18	2	1	2	CONTAINS: MILK, SOY, WHEAT
Pork BBQ Sandwich, Brookwood	1 serving (156g/5.5 oz)	400	160	18	6	0	45	820	42	2	3	22	CONTAINS: SOY, WHEAT
Pork BBQ Sandwich, Chandler	1 serving (156g/5.5 oz)	350	90	10	2.5	0	45	290	46	1	10	20	CONTAINS: FISH, SOY, WHEAT

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