

TACO MAC®

ALLERGENS AND SPECIAL DIET



EGG

MILK

FISH

MSG

PEANUTS/TREE NUTS

SHELLFISH

SOY

SULFITES

WHEAT/GLUTEN

SESAME

BITES & SHARES

QUESO DIP   

CHIPS AND SALSA

TRIO DIP    

SPINACH & ARTICHOKE DIP  

MOZZARELLA STICKS   

PHILLY EGG ROLL    

WITH 79 SAUCE

JALAPENO BACON CHEDDAR EGG ROLLS    

WITH CHIPOTLE CREMA DIPPING SAUCE

PRETZEL BITES    

WITH QUESO DIP   

LOADED GUACAMOLE   

CRISPY BRUSSEL SPROUTS

FRIED PICKLES   

FRIED MUSHROOMS      

WITH HORSE RADISH CREAM SAUCE   

TRAIN WRECK NACHO   

QUESADILLAS

GRILLED VEGETABLE & BLACK BEAN    

CHICKEN TINGA   

GRILLED BLACKENED SHRIMP    

SMOKED BRISKET   

SALADS

CRISPY CHICKEN PICNIC COBB     

SESAME CHICKEN CRUNCH     

SOUTHWEST SHRIMP 

GRILLED CHICKEN BLT

WEDGE  

CHICKEN CAESAR      

GARDEN   

SIDE GARDEN   

SIDE CAESAR      

SALAD DRESSINGS

RANCH  

BLUE CHEESE  

HONEY MUSTARD 

CLASSIC VINAIGRETTE 

SESAME VINAIGRETTE 

CHIPOTLE CREMA  

CAESAR      

AWARD WINNING BUFFALO WINGS

ORIGINAL

OVEN ROASTED 

BONELESS  

WING SAUCES

MILD BUFFALO 

MEDIUM BUFFALO

HOT BUFFALO

THREE MILE ISLAND

SLOW BURN

ASIAN SWEET HEAT

SWEET SESAME GINGER   

HONEY CHIPOTLE

SPICY MANGO 

HOT HONEY MUSTARD   

PARMESAN GARLIC   

WET LEMON PEPPER  

BBQ  

HABANERO BBQ

CAJUN VODOO MAGIC  

WING DRY RUBS

ORIGINAL LEMON PEPPER 

BUTTERMILK RANCH  

TACOS

SMOKED BRISKET TACOS     

BEEF TACOS   

BAJA SHRIMP TACOS     

CRISPY CHICKEN TACOS     

CHICKEN TINGA TACOS   

TACO MAC®

ALLERGENS AND SPECIAL DIET



EGG



MILK



FISH



MSG



PEANUTS/TREE NUTS



SHELLFISH



SOY



SULFITES



WHEAT/GLUTEN



SESAME

BURGERS

GLUTEN FREE BUN AVAILABLE UPON REQUEST

ALL AMERICAN CHEESEBURGER

THE '79 ORIGINAL

BBQ BRISKET

BACON GOUDA

GREEN CHILE

IMPOSSIBLE BURGER PATTY

KENMORE

SANDWICHES & WRAPS

SOUTH STREET CHICKEN PHILLY

SOUTHERN STREET STEAK PHILLY

CRISPY CHICKEN SANDWICH

HOLLYWOOD CHICKEN SANDWICH

SOUTHWEST CHICKEN WRAP

BLACKENED CHICKEN CAESAR WRAP

BLAZIN BUFFALO WRAP

BRIOCHE BUNS

HOAGIE ROLLS

PLATES

GRILLED SALMON

GRILLED CHICKEN

CHICKEN TENDERS

SOUTHWEST POWERBOWL

SIDES

FRIES

TOTS

SWEET POTATO FRIES

HOUSEMADE SLAW

FRIED PICKLE CHIPS

WITH RANCH

CRISPY BRUSSELS SPROUTS

HOUSEMADE MAC & CHEESE

BROCCOLI

YELLOW RICE

SIDE GARDEN SALAD

SIDE CAESAR SALAD

DESSERTS

TRIPLE THREAT CHOCOLATE CAKE

CROISSANT-STYLE BEIGNETS

CLASSIC

SALTED CARAMEL

PEACHES AND CREAM

KIDS MENU ITEMS

GLUTEN FREE BUN AVAILABLE UPON REQUEST

KID GRILLED BURGER

KID BONELESS WINGS

KIDS TRADITIONAL WINGS

KID TENDERS

KID MINI CORN DOGS

KID MAC & CHEESE

BEEF TACOS

Taco Mac Nutritional Analysis															
Bites & Shares	Actual Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
T Mac Signature Queso, Large (1 serving)	1044	623	69	44	0	173	3928	48	3	4	49	2387	14	1095	3
T Mac Signature Queso, Large (1 serving) with Tortilla Chip Choice Gluten Free	1917	1033	115	50	0	173	5518	156	15	4	61	2387	14	1337	10
T Mac Signature Queso, Large (1 serving) with Tortilla Chip Choice Regular	1468	701	78	44	0	173	4839	127	3	11	58	2387	14	1267	4
T Mac Signature Queso, Small (1 serving)	798	443	49	30	0	117	2933	48	3	4	36	1692	14	760	3
T Mac Signature Queso, Small (1 serving) with Tortilla Chip Choice Gluten Free	1671	853	95	37	0	117	4523	156	15	4	48	1692	14	1002	10
T Mac Signature Queso, Small (1 serving) with Tortilla Chip Choice Regular	1221	521	58	31	0	117	3843	126	3	11	45	1692	14	932	4
House-Made Chips and Salsa (1 serving)	37	1	0	0	0	0	622	9	1	5	1	433	23	46	0
House-Made Chips and Salsa (1 serving) with Tortilla Chip Choice Gluten Free	910	411	46	7	0	0	2212	117	14	5	13	433	23	288	7
House-Made Chips and Salsa (1 serving) with Tortilla Chip Choice Regular	461	79	9	1	0	0	1533	87	2	11	10	433	23	218	1
Baked Spinach and Artichoke Dip (1 serving)	764	396	44	22	0	112	2156	59	7	7	26	979	12	471	2
Baked Spinach and Artichoke Dip (1 serving) with Tortilla Chip Choice Gluten Free	1637	806	90	29	0	112	3746	167	19	7	38	979	12	712	9
Baked Spinach and Artichoke Dip (1 serving) with Tortilla Chip Choice Regular	1188	474	53	23	0	112	3067	137	7	14	35	979	12	642	3
Mozzarella Sticks (1 serving)	765	371	41	21	0	125	3012	67	0	6	40	85	2	1003	2
Fried Pickles (1 serving)	883	355	39	7	0	24	3982	113	10	2	17	835	2	307	7
Soft Pretzel Bites (1 serving)	1210	317	35	10	0	36	4951	164	5	1	29	478	5	251	3
Trio Dip Appetizer (1 serving)	1170	620	69	36	0	112	3865	88	11	8	39	2169	47	920	6
Trio Dip Appetizer (1 serving) with Tortilla Chip Choice Gluten Free	2043	1030	114	42	0	112	5455	196	23	8	51	2169	47	1161	13
Trio Dip Appetizer (1 serving) with Tortilla Chip Choice Regular	1594	698	78	36	0	112	4775	166	11	15	48	2169	47	1091	7
Signature Train Wreck Nachos (1 serving)	1783	913	101	63	0	257	5288	132	2	13	70	3739	28	1737	6
Signature Train Wreck Nachos (1 serving) with Chicken Tinga	1955	944	105	64	0	331	5659	135	3	13	100	3909	31	1762	7
Signature Train Wreck Nachos (1 serving) with Taco Beef	1946	1003	111	67	0	303	5605	136	3	13	83	4055	31	1776	8
Loaded Elote Guacamole (1 serving)	245	146	16	3	0	8	819	19	7	4	4	521	21	38	1
Loaded Elote Guacamole (1 serving) with Tortilla Chip Choice Gluten Free	1118	556	62	10	0	8	2409	128	19	4	16	521	21	279	7
Loaded Elote Guacamole (1 serving) with Tortilla Chip Choice Regular	669	224	25	4	0	8	1730	98	7	11	13	521	21	209	1
Crispy Brussel Sprouts (1 serving)	263	62	7	1	0	0	947	40	11	20	10	2145	240	124	4
Fried Mushrooms (1 serving)	646	373	41	6	0	18	1292	51	5	7	16	197	9	38	4
Philly Eggrolls (1 serving)	554	341	38	8	0	41	1050	39	1	8	13	510	26	79	2
Jalapeno Bacon Cheddar Eggrolls (1 serving)	1497	981	109	48	0	262	5173	78	2	15	54	2174	47	623	3

Quesadillas	Actual Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Brisket Quesadilla (1 serving)	1210	669	74	39	0	277	1900	62	6	11	66	2529	65	922	7
Brisket Quesadilla (1 serving) with Guacamole	1303	738	82	40	0	277	2036	67	10	11	67	2630	71	930	7
Chicken Tinga Quesadilla (1 serving)	1017	521	58	32	0	212	2039	64	7	11	54	2614	66	919	5
Chicken Tinga Quesadilla (1 serving) with Guacamole	1110	590	66	33	0	212	2175	68	10	12	55	2715	73	926	5
Grilled Shrimp Quesadilla (1 serving)	1048	540	60	33	0	323	2245	63	6	11	59	2811	67	957	7
Grilled Shrimp Quesadilla (1 serving) with Guacamole	1140	608	68	34	0	323	2381	68	10	11	60	2912	73	965	7
Grilled Vegetable and Black Bean Quesadillas (1 serving)	1073	570	63	33	0	175	2219	73	11	12	44	4138	85	970	7
Grilled Vegetable and Black Bean Quesadillas (1 serving) with House-Made Salsa	1092	571	63	33	0	175	2530	78	12	14	45	4354	96	993	7

Chicken Tenders	Actual Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Tenders (1 serving)	1088	184	20	4	0	198	4718	128	5	2	93	911	5	103	11
Chicken Tenders (1 serving) with Dressing Choice Honey Mustard	1515	481	53	8	0	213	5189	158	5	26	93	911	5	103	11

Signature Burgers	Actual Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
79 Original Burger (1 serving)	642	423	47	16	0	163	2712	10	1	5	41	607	3	231	4
79 Original Burger (1 serving) with Bun Choice Gluten Free	872	477	53	16	0	163	3152	49	6	11	47	607	3	271	4
79 Original Burger (1 serving) with Bun Choice Regular	862	455	51	17	0	163	3152	50	2	9	47	607	3	321	6
All American Cheeseburger (1 serving)	490	308	34	12	0	142	2104	4	1	1	38	362	3	137	4
All American Cheeseburger (1 serving) with Bun Choice Gluten Free	720	362	40	12	0	142	2544	43	6	7	44	362	3	177	4
All American Cheeseburger (1 serving) with Bun Choice Regular	710	340	38	13	0	142	2544	44	2	5	44	362	3	227	6
BBQ Brisket Burger (1 serving)	645	355	39	15	0	140	2139	33	1	26	38	1279	8	339	3
BBQ Brisket Burger (1 serving) with Bun Choice Gluten Free	875	409	45	15	0	140	2579	72	6	32	44	1279	8	379	3
BBQ Brisket Burger (1 serving) with Bun Choice Regular	865	386	43	16	0	140	2579	73	2	30	44	1279	8	429	5
Bacon Gouda Cheeseburger (1 serving)	773	465	52	20	0	188	3135	21	2	7	53	563	3	378	4
Bacon Gouda Cheeseburger (1 serving) with Bun Choice Gluten Free	1003	519	58	20	0	188	3575	60	7	13	59	563	3	418	5
Bacon Gouda Cheeseburger (1 serving) with Bun Choice Regular	993	496	55	21	0	188	3575	61	3	11	59	563	3	468	7
Kenmore Burger (1 serving)	768	488	54	20	0	180	2835	15	2	7	54	753	4	461	4
Kenmore Burger (1 serving) with Bun Choice Gluten Free	998	542	60	20	0	180	3275	54	7	13	60	753	4	501	4
Kenmore Burger (1 serving) with Bun Choice Regular	988	519	58	21	0	180	3275	55	3	11	60	753	4	551	7
Impossible Burger Patty (1 patty)	240	126	14	8	0	0	370	9	3	0	19	0	0	170	4

The Southeast's Original Buffalo Wings	Actual Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Boneless Buffalo Wings, Six Pack (1 serving)	421	206	23	4	0	53	855	29	2	8	24	0	2	0	2
Boneless Buffalo Wings, Six Pack (1 serving) with Dressing Choice Bleu Cheese	687	449	50	11	0	86	1151	29	2	8	27	261	2	72	2
Boneless Buffalo Wings, Six Pack (1 serving) with Dressing Choice Ranch	696	463	51	10	0	78	1251	30	2	9	25	195	2	25	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	478	253	28	5	0	54	1117	31	2	8	25	269	2	31	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Rub Choice Lemon Pepper	444	208	23	4	0	53	3270	34	2	9	24	63	2	8	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Asian Sweet Heat	495	207	23	4	0	53	1247	47	2	24	24	116	3	6	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Barbecue	491	208	23	4	0	53	1123	45	2	22	24	179	6	4	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Garlic Parmesan	739	510	57	10	0	60	1333	31	2	8	28	1763	2	94	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Habanero BBQ	496	207	23	4	0	53	1080	47	2	23	24	853	23	3	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Honey Chipotle	491	207	23	4	0	53	1437	45	2	23	24	138	3	3	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Hot Buffalo	441	208	23	4	0	53	1699	33	2	10	24	320	2	6	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Hot Honey Mustard	550	260	29	5	0	55	1193	46	2	23	25	80	2	9	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Medium Buffalo	439	207	23	4	0	53	1699	32	2	10	24	188	2	5	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Mild Buffalo	547	321	36	6	0	53	1508	31	2	9	24	791	2	3	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Slow Burn	438	207	23	4	0	53	1669	32	2	10	24	194	3	5	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Spicy Mango	579	251	28	5	0	53	1159	57	2	31	24	2808	32	0	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	571	251	28	5	0	53	2052	53	2	25	26	4	2	3	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Three Mile Island	457	209	23	4	0	53	1882	36	3	12	25	214	2	13	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	470	208	23	4	0	53	2116	41	2	12	24	288	2	6	2
Boneless Buffalo Wings, Six Pack (1 serving) with Wing Sauce Choice Wet Lemon Pepper	698	476	53	9	0	53	1606	30	2	8	24	1588	4	3	2
Boneless Buffalo Wings, Single (1 serving)	701	344	38	7	0	88	1425	48	3	13	40	0	3	0	3
Boneless Buffalo Wings, Single (1 serving) with Dressing Choice Bleu Cheese	968	587	65	14	0	121	1721	48	3	13	43	261	3	72	3
Boneless Buffalo Wings, Single (1 serving) with Dressing Choice Ranch	976	600	67	13	0	113	1821	49	3	14	41	195	4	25	3
Boneless Buffalo Wings, Single (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	758	390	43	8	0	89	1687	50	3	13	41	269	3	31	3
Boneless Buffalo Wings, Single (1 serving) with Wing Rub Choice Lemon Pepper	732	346	38	7	0	88	4645	54	3	14	40	84	3	11	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Asian Sweet Heat	846	345	38	7	0	88	2185	83	3	44	40	226	6	11	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Barbecue	837	347	39	7	0	88	1946	80	3	42	40	347	10	7	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Garlic Parmesan	1301	917	102	18	0	98	2289	52	3	13	45	3331	4	127	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Habanero BBQ	848	346	38	7	0	88	1862	83	3	43	41	1656	44	6	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Honey Chipotle	837	345	38	7	0	88	2555	80	3	42	40	267	5	7	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Hot Buffalo	741	347	39	7	0	88	3063	56	4	17	41	621	3	12	4
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Hot Honey Mustard	952	447	50	9	0	92	2081	82	4	43	41	155	3	17	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Medium Buffalo	736	346	38	7	0	88	3063	55	4	17	41	364	3	10	4
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Mild Buffalo	946	567	63	11	0	88	2693	52	3	16	41	1536	3	7	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Slow Burn	735	346	38	7	0	88	3005	55	4	17	41	376	5	10	4
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Spicy Mango	860	389	43	8	0	88	1729	76	3	36	40	2808	33	0	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	896	433	48	8	0	88	2657	72	3	30	42	267	3	3	3
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Three Mile Island	771	350	39	7	0	88	3418	62	5	21	42	416	3	26	4
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	799	347	39	7	0	88	3942	72	4	22	41	575	3	12	4
Boneless Buffalo Wings, Single (1 serving) with Wing Sauce Choice Wet Lemon Pepper	1254	882	98	16	0	88	2925	51	3	13	40	3170	8	6	3
Boneless Buffalo Wings, Double (1 serving)	1402	687	76	14	0	175	2850	95	5	25	80	0	6	0	5

Boneless Buffalo Wings, Double (1 serving) with Dressing Choice Bleu Cheese	1935	1173	130	29	0	242	3441	96	5	26	86	522	6	144	5
Boneless Buffalo Wings, Double (1 serving) with Dressing Choice Ranch	1953	1201	133	26	0	225	3642	99	6	27	82	391	7	49	6
Boneless Buffalo Wings, Double (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	1517	780	87	16	0	177	3374	99	5	26	81	538	7	62	6
Boneless Buffalo Wings, Double (1 serving) with Wing Rub Choice Lemon Pepper	1456	691	77	14	0	175	8484	107	6	28	81	146	6	19	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Asian Sweet Heat	1696	690	77	14	0	175	4394	167	6	90	81	458	12	23	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Barbecue	1678	694	77	14	0	175	3908	162	6	84	81	704	21	15	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Garlic Parmesan	2590	1824	203	34	0	188	4495	104	5	25	88	6607	8	164	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Habanero BBQ	1700	692	77	14	0	175	3738	167	6	88	81	3362	89	11	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Honey Chipotle	1678	691	77	14	0	175	5145	161	7	84	81	543	10	13	7
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Hot Buffalo	1484	694	77	14	0	175	6176	112	8	35	82	1261	6	25	7
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Hot Honey Mustard	1912	898	100	17	0	185	4182	166	8	86	82	314	7	34	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Medium Buffalo	1473	692	77	14	0	175	6175	110	8	34	82	739	6	20	7
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Mild Buffalo	1900	1141	127	21	0	175	5424	105	7	31	81	3119	6	14	7
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Slow Burn	1471	692	77	14	0	175	6058	110	7	34	81	763	10	20	7
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Spicy Mango	1719	777	86	16	0	175	3458	151	6	72	80	5617	66	1	5
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	1793	867	96	16	0	175	5315	144	5	61	84	533	7	5	6
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Three Mile Island	1545	699	78	14	0	175	6897	124	9	42	84	844	6	52	9
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	1598	694	77	14	0	175	7884	143	8	44	82	1151	6	23	7
Boneless Buffalo Wings, Double (1 serving) with Wing Sauce Choice Wet Lemon Pepper	2508	1764	196	31	0	175	5850	102	6	26	80	6340	15	12	6
Boneless Buffalo Wings, Triple (1 serving)	2103	1031	115	21	0	263	4275	143	8	38	120	0	9	0	8
Boneless Buffalo Wings, Triple (1 serving) with Dressing Choice Bleu Cheese	2903	1760	196	43	0	363	5162	145	8	40	129	782	9	217	8
Boneless Buffalo Wings, Triple (1 serving) with Dressing Choice Ranch	2929	1801	200	39	0	338	5463	148	8	41	123	586	11	74	8
Boneless Buffalo Wings, Triple (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	2275	1171	130	24	0	266	5061	149	8	40	122	807	10	92	8
Boneless Buffalo Wings, Triple (1 serving) with Wing Rub Choice Lemon Pepper	2185	1035	115	21	0	263	10714	156	9	41	121	167	9	22	9
Boneless Buffalo Wings, Triple (1 serving) with Wing Rub Choice Savory Garlic	2216	1049	117	22	0	263	5813	164	8	52	122	0	9	0	8
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Asian Sweet Heat	2541	1034	115	21	0	263	6579	249	9	134	121	684	18	34	9
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Barbecue	2516	1041	116	21	0	263	5854	242	9	126	121	1051	32	22	9
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Garlic Parmesan	3861	2714	302	50	0	278	6679	156	8	38	130	9787	13	202	8
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Habanero BBQ	2547	1039	115	21	0	263	5600	249	10	131	122	5018	133	17	9
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Honey Chipotle	2515	1036	115	21	0	263	7700	241	10	126	122	810	14	20	10
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Hot Buffalo	2226	1041	116	21	0	263	9240	168	12	53	123	1883	10	38	11
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Hot Honey Mustard	2864	1345	149	26	0	277	6263	248	12	129	123	469	10	51	10
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Medium Buffalo	2210	1039	115	21	0	263	9238	165	11	51	122	1104	9	31	11
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Mild Buffalo	2846	1708	190	32	0	263	8117	158	10	47	122	4656	9	20	10
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Slow Burn	2205	1038	115	21	0	263	9063	164	11	51	122	1139	14	30	11
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Spicy Mango	2579	1166	130	23	0	263	5187	227	9	109	120	8425	99	1	8
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	2689	1300	144	24	0	263	7972	216	8	91	125	800	10	8	8
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Three Mile Island	2316	1049	117	22	0	263	10316	186	14	63	125	1260	9	77	13
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	2397	1040	116	21	0	263	11826	215	12	66	123	1726	10	35	11
Boneless Buffalo Wings, Triple (1 serving) with Wing Sauce Choice Wet Lemon Pepper	3762	2646	294	47	0	263	8775	153	9	40	121	9510	23	18	8
Boneless Buffalo Wings, Party Pack (1 serving)	3505	1718	191	35	0	438	7125	238	13	63	200	0	15	0	14
Boneless Buffalo Wings, Party Pack (1 serving) with Dressing Choice Bleu Cheese	4572	2690	299	64	0	571	8307	240	13	65	212	1043	15	289	14
Boneless Buffalo Wings, Party Pack (1 serving) with Dressing Choice Ranch	4606	2745	305	58	0	538	8709	245	14	67	204	781	18	98	14
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	3792	1951	217	39	0	443	8434	248	13	66	203	1345	16	154	14

Boneless Buffalo Wings, Party Pack (1 serving) with Wing Rub Choice Lemon Pepper	3691	1730	192	36	0	438	26442	279	16	72	202	502	15	66	15
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Asian Sweet Heat	4237	1724	192	35	0	438	10972	416	16	224	202	1141	29	57	15
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Barbecue	4194	1735	193	35	0	438	9762	404	15	210	202	1755	53	37	15
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Garlic Parmesan	6421	4511	501	82	0	458	11070	261	14	63	215	16244	21	276	14
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Habanero BBQ	4247	1731	192	35	0	438	9338	416	16	219	204	8380	223	29	15
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Honey Chipotle	4193	1726	192	36	0	438	12845	402	17	211	203	1353	24	33	17
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Hot Buffalo	3710	1735	193	36	0	438	15416	280	20	88	205	3144	16	63	19
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Hot Honey Mustard	4776	2242	249	43	0	461	10445	413	20	214	205	782	17	85	16
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Medium Buffalo	3683	1731	192	36	0	438	15413	275	19	85	204	1843	15	51	18
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Mild Buffalo	4746	2849	317	53	0	438	13541	263	17	78	203	7775	15	34	17
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Slow Burn	3676	1730	192	36	0	438	15121	274	19	85	204	1902	24	50	18
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Spicy Mango	4298	1943	216	39	0	438	8645	378	15	181	200	14041	165	2	14
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	4482	2167	241	41	0	438	13287	359	13	152	209	1333	17	13	14
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Three Mile Island	3861	1748	194	36	0	438	17213	310	23	105	209	2104	15	129	22
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	3996	1734	193	36	0	438	19735	359	20	110	204	2882	16	58	18
Boneless Buffalo Wings, Party Pack (1 serving) with Wing Sauce Choice Wet Lemon Pepper	6276	4415	491	78	0	438	14640	255	14	66	201	15882	39	30	14
Original Wings, Six Pack (1 serving)	242	170	19	5	0	71	67	0	0	0	17	135	1	11	1
Original Wings, Six Pack (1 serving) with Dressing Choice Bleu Cheese	509	413	46	12	0	104	363	1	0	1	20	396	1	83	1
Original Wings, Six Pack (1 serving) with Dressing Choice Ranch	517	427	47	11	0	96	463	2	0	1	18	330	1	36	1
Original Wings, Six Pack (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	300	217	24	6	0	72	329	2	0	1	18	404	1	42	1
Original Wings, Six Pack (1 serving) with Wing Rub Choice Lemon Pepper	262	172	19	5	0	71	2079	4	0	1	17	187	1	18	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Asian Sweet Heat	317	171	19	5	0	71	459	18	0	16	17	251	2	17	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Barbecue	312	172	19	5	0	71	336	17	0	15	17	314	4	15	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Garlic Parmesan	561	474	53	11	0	78	545	2	0	0	21	1898	1	105	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Habanero BBQ	318	172	19	5	0	71	292	18	0	16	17	988	22	14	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Honey Chipotle	312	171	19	5	0	71	649	17	0	15	17	273	2	14	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Hot Buffalo	263	172	19	5	0	71	911	4	1	3	17	455	1	17	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Hot Honey Mustard	372	224	25	5	0	73	405	18	1	15	17	215	1	20	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Medium Buffalo	260	172	19	5	0	71	911	4	1	2	17	323	1	16	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Mild Buffalo	368	285	32	7	0	71	720	3	0	2	17	927	1	14	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Slow Burn	260	172	19	5	0	71	881	4	1	2	17	329	2	16	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Spicy Mango	401	215	24	5	0	71	371	28	1	24	17	2943	31	11	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	392	215	24	5	0	71	1264	24	0	18	19	139	1	14	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Three Mile Island	278	173	19	5	0	71	1094	7	1	4	18	349	1	24	2
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	291	172	19	5	0	71	1328	12	1	5	17	423	1	17	1
Original Wings, Six Pack (1 serving) with Wing Sauce Choice Wet Lemon Pepper	519	440	49	9	0	71	819	2	0	0	17	1723	3	14	1
Original Wings, Single (1 serving)	404	284	32	8	0	118	112	0	0	0	28	225	1	18	1
Original Wings, Single (1 serving) with Dressing Choice Bleu Cheese	670	527	59	15	0	151	407	1	0	1	31	486	1	91	1
Original Wings, Single (1 serving) with Dressing Choice Ranch	679	541	60	14	0	143	508	2	0	1	29	420	2	43	2
Original Wings, Single (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	461	330	37	9	0	119	374	2	0	1	29	494	1	49	2
Original Wings, Single (1 serving) with Wing Rub Choice Lemon Pepper	442	286	32	8	0	118	4136	9	1	2	28	330	1	32	2
Original Wings, Single (1 serving) with Wing Sauce Choice Asian Sweet Heat	548	285	32	8	0	118	872	35	1	32	28	451	4	30	2
Original Wings, Single (1 serving) with Wing Sauce Choice Barbecue	540	287	32	8	0	118	633	33	1	29	28	572	9	26	2
Original Wings, Single (1 serving) with Wing Sauce Choice Garlic Parmesan	1004	858	95	18	0	128	976	5	0	0	33	3556	2	145	2

Original Wings, Single (1 serving) with Wing Sauce Choice Habanero BBQ	550	286	32	8	0	118	549	35	1	31	29	1881	42	24	2
Original Wings, Single (1 serving) with Wing Sauce Choice Honey Chipotle	540	286	32	8	0	118	1242	32	1	29	29	492	3	25	2
Original Wings, Single (1 serving) with Wing Sauce Choice Hot Buffalo	444	287	32	8	0	118	1750	8	2	5	29	846	1	31	2
Original Wings, Single (1 serving) with Wing Sauce Choice Hot Honey Mustard	655	388	43	9	0	123	768	35	2	30	29	380	1	35	2
Original Wings, Single (1 serving) with Wing Sauce Choice Medium Buffalo	439	286	32	8	0	118	1750	7	1	5	29	589	1	28	2
Original Wings, Single (1 serving) with Wing Sauce Choice Mild Buffalo	649	507	56	11	0	118	1380	5	1	3	29	1761	1	25	2
Original Wings, Single (1 serving) with Wing Sauce Choice Slow Burn	437	286	32	8	0	118	1692	7	1	4	29	601	3	28	2
Original Wings, Single (1 serving) with Wing Sauce Choice Spicy Mango	562	329	37	9	0	118	416	28	1	24	28	3033	31	19	1
Original Wings, Single (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	599	374	42	9	0	118	1344	24	0	18	30	492	1	21	2
Original Wings, Single (1 serving) with Wing Sauce Choice Three Mile Island	474	290	32	8	0	118	2105	14	2	8	30	641	1	44	3
Original Wings, Single (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	502	287	32	8	0	118	2629	24	1	10	29	800	1	30	2
Original Wings, Single (1 serving) with Wing Sauce Choice Wet Lemon Pepper	957	822	91	16	0	118	1612	3	0	1	28	3395	6	24	2
Original Wings, Double (1 serving)	807	568	63	16	0	236	224	0	0	0	56	450	2	37	3
Original Wings, Double (1 serving) with Dressing Choice Bleu Cheese	1341	1054	117	30	0	303	815	1	0	1	62	972	2	181	3
Original Wings, Double (1 serving) with Dressing Choice Ranch	1358	1081	120	27	0	286	1016	4	1	2	58	841	3	86	3
Original Wings, Double (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	922	661	73	17	0	238	747	4	0	1	57	988	3	98	3
Original Wings, Double (1 serving) with Wing Rub Choice Lemon Pepper	889	573	64	16	0	236	8723	18	2	4	57	671	2	66	4
Original Wings, Double (1 serving) with Wing Sauce Choice Asian Sweet Heat	1101	570	63	16	0	236	1767	72	1	65	57	908	8	60	4
Original Wings, Double (1 serving) with Wing Sauce Choice Barbecue	1084	574	64	16	0	236	1282	67	1	59	57	1154	17	52	3
Original Wings, Double (1 serving) with Wing Sauce Choice Garlic Parmesan	1995	1705	189	35	0	248	1869	9	0	0	64	7057	5	201	3
Original Wings, Double (1 serving) with Wing Sauce Choice Habanero BBQ	1105	573	64	16	0	236	1111	72	1	63	58	3812	85	48	4
Original Wings, Double (1 serving) with Wing Sauce Choice Honey Chipotle	1083	571	63	16	0	236	2518	66	2	59	57	993	6	50	4
Original Wings, Double (1 serving) with Wing Sauce Choice Hot Buffalo	889	575	64	16	0	236	3550	17	3	10	58	1712	3	62	5
Original Wings, Double (1 serving) with Wing Sauce Choice Hot Honey Mustard	1317	778	86	19	0	245	1556	71	3	61	58	764	3	71	4
Original Wings, Double (1 serving) with Wing Sauce Choice Medium Buffalo	879	573	64	16	0	236	3549	15	3	9	58	1190	2	57	5
Original Wings, Double (1 serving) with Wing Sauce Choice Mild Buffalo	1305	1021	113	23	0	236	2798	10	2	6	57	3569	2	50	4
Original Wings, Double (1 serving) with Wing Sauce Choice Slow Burn	876	573	64	16	0	236	3432	15	2	9	58	1213	6	57	5
Original Wings, Double (1 serving) with Wing Sauce Choice Spicy Mango	1124	658	73	17	0	236	831	56	1	47	56	6067	62	37	3
Original Wings, Double (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	1198	747	83	18	0	236	2688	49	0	36	60	983	3	42	3
Original Wings, Double (1 serving) with Wing Sauce Choice Three Mile Island	950	580	64	16	0	236	4271	29	4	17	60	1294	2	89	6
Original Wings, Double (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	1003	574	64	16	0	236	5258	48	3	19	58	1601	3	60	5
Original Wings, Double (1 serving) with Wing Sauce Choice Wet Lemon Pepper	1913	1644	183	33	0	236	3223	7	1	1	57	6790	12	49	3
Original Wings, Triple (1 serving)	1211	851	95	24	0	354	335	0	0	0	84	675	3	55	4
Original Wings, Triple (1 serving) with Dressing Choice Bleu Cheese	2011	1581	176	45	0	454	1222	2	0	2	93	1457	3	272	4
Original Wings, Triple (1 serving) with Dressing Choice Ranch	2037	1622	180	41	0	429	1523	5	1	3	87	1261	5	129	5
Original Wings, Triple (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	1383	991	110	26	0	357	1121	6	1	2	86	1482	4	147	5
Original Wings, Triple (1 serving) with Wing Rub Choice Lemon Pepper	1327	859	95	24	0	354	12408	26	2	6	85	989	4	96	5
Original Wings, Triple (1 serving) with Wing Sauce Choice Asian Sweet Heat	1649	855	95	24	0	354	2639	107	2	97	85	1359	12	89	6
Original Wings, Triple (1 serving) with Wing Sauce Choice Barbecue	1623	862	96	24	0	354	1914	100	2	88	85	1726	26	77	5
Original Wings, Triple (1 serving) with Wing Sauce Choice Garlic Parmesan	2969	2535	282	52	0	369	2740	14	1	0	94	10462	7	257	5
Original Wings, Triple (1 serving) with Wing Sauce Choice Habanero BBQ	1655	859	96	24	0	354	1660	107	2	94	86	5693	128	72	5
Original Wings, Triple (1 serving) with Wing Sauce Choice Honey Chipotle	1623	857	95	24	0	354	3760	98	2	89	86	1485	9	75	6
Original Wings, Triple (1 serving) with Wing Sauce Choice Hot Buffalo	1334	862	96	24	0	354	5300	26	5	15	87	2558	4	93	7
Original Wings, Triple (1 serving) with Wing Sauce Choice Hot Honey Mustard	1972	1166	130	28	0	368	2323	105	5	91	87	1144	4	106	6

Original Wings, Triple (1 serving) with Wing Sauce Choice Medium Buffalo	1317	859	95	24	0	354	5298	23	4	14	86	1779	3	86	7
Original Wings, Triple (1 serving) with Wing Sauce Choice Mild Buffalo	1954	1529	170	34	0	354	4177	15	3	9	86	5331	3	76	6
Original Wings, Triple (1 serving) with Wing Sauce Choice Slow Burn	1313	859	95	24	0	354	5123	22	4	13	86	1814	8	85	7
Original Wings, Triple (1 serving) with Wing Sauce Choice Spicy Mango	1687	987	110	26	0	354	1247	84	2	71	84	9100	93	56	4
Original Wings, Triple (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	1797	1121	125	27	0	354	4033	73	0	54	89	1475	4	63	5
Original Wings, Triple (1 serving) with Wing Sauce Choice Three Mile Island	1424	870	97	24	0	354	6376	43	6	25	90	1935	3	132	10
Original Wings, Triple (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	1505	861	96	24	0	354	7886	73	4	29	87	2401	4	90	7
Original Wings, Triple (1 serving) with Wing Sauce Choice Wet Lemon Pepper	2870	2467	274	49	0	354	4835	10	1	2	85	10185	17	73	5
Original Wings, Party Pick (1 serving)	2018	1419	158	39	0	589	559	0	0	0	140	1125	5	92	7
Original Wings, Party Pick (1 serving) with Dressing Choice Bleu Cheese	3085	2392	266	68	0	723	1741	3	0	3	152	2168	5	381	7
Original Wings, Party Pick (1 serving) with Dressing Choice Ranch	3119	2446	272	63	0	690	2143	7	1	4	145	1907	8	190	8
Original Wings, Party Pick (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	2305	1652	184	43	0	595	1868	10	1	4	144	2470	7	246	8
Original Wings, Party Pick (1 serving) with Wing Rub Choice Lemon Pepper	2204	1431	159	40	0	589	19876	42	3	9	142	1627	6	157	9
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Asian Sweet Heat	2750	1425	158	40	0	589	4406	179	3	162	142	2267	20	149	9
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Barbecue	2707	1436	160	40	0	589	3196	166	3	147	142	2880	43	129	8
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Garlic Parmesan	4934	4213	468	86	0	609	4503	23	1	0	155	17369	11	368	8
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Habanero BBQ	2760	1432	159	39	0	589	2772	179	4	157	144	9506	213	120	9
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Honey Chipotle	2706	1428	159	40	0	589	6278	164	4	148	143	2478	14	125	11
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Hot Buffalo	2223	1437	160	40	0	589	8850	43	8	25	145	4269	7	155	12
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Hot Honey Mustard	3289	1944	216	47	0	613	3879	176	8	152	145	1908	7	176	10
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Medium Buffalo	2196	1432	159	40	0	589	8847	38	6	23	144	2968	5	143	12
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Mild Buffalo	3259	2550	283	57	0	589	6975	25	4	15	143	8900	5	126	10
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Slow Burn	2189	1432	159	40	0	589	8555	36	6	22	144	3028	14	142	12
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Spicy Mango	2811	1645	183	43	0	589	2079	140	3	119	140	15166	156	94	7
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	2995	1868	208	45	0	589	6721	122	0	89	149	2458	7	104	8
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Three Mile Island	2374	1449	161	40	0	589	10647	72	11	43	149	3229	5	221	16
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	2509	1435	160	40	0	589	13169	121	7	48	144	4007	6	150	12
Original Wings, Party Pick (1 serving) with Wing Sauce Choice Wet Lemon Pepper	4789	4116	457	82	0	589	8074	17	2	4	141	17007	29	121	8
Roasted Wings, Six Pack (1 serving)	226	134	15	4	0	71	729	5	1	1	17	801	1	22	1
Roasted Wings, Six Pack (1 serving) with Dressing Choice Bleu Cheese	493	378	42	11	0	104	1025	5	1	2	20	1061	1	95	1
Roasted Wings, Six Pack (1 serving) with Dressing Choice Ranch	502	391	43	10	0	96	1125	6	1	2	18	996	2	47	1
Roasted Wings, Six Pack (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	284	181	20	5	0	72	991	7	1	2	18	1069	1	53	1
Roasted Wings, Six Pack (1 serving) with Wing Rub Choice Lemon Pepper	246	136	15	4	0	71	2742	9	1	2	18	853	1	29	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Asian Sweet Heat	301	135	15	4	0	71	1121	23	1	18	18	917	3	28	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Barbecue	297	136	15	4	0	71	998	21	1	16	18	979	5	26	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Garlic Parmesan	545	438	49	10	0	78	1207	7	1	1	21	2563	2	116	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Habanero BBQ	302	136	15	4	0	71	955	23	1	17	18	1654	22	25	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Honey Chipotle	296	135	15	4	0	71	1312	21	1	16	18	938	2	26	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Hot Buffalo	247	136	15	4	0	71	1573	9	2	4	18	1121	1	29	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Hot Honey Mustard	356	188	21	5	0	73	1067	22	2	17	18	880	1	31	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Medium Buffalo	245	136	15	4	0	71	1573	8	1	4	18	988	1	28	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Mild Buffalo	353	250	28	6	0	71	1382	7	1	3	18	1592	1	26	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Slow Burn	244	136	15	4	0	71	1543	8	1	4	18	994	2	27	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Spicy Mango	385	180	20	5	0	71	1033	33	1	25	17	3609	31	23	1

Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	377	179	20	5	0	71	1926	29	1	19	19	805	2	25	1
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Three Mile Island	263	137	15	4	0	71	1756	12	2	6	18	1015	1	36	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	276	136	15	4	0	71	1990	17	2	6	18	1089	1	28	2
Roasted Wings, Six Pack (1 serving) with Wing Sauce Choice Wet Lemon Pepper	504	404	45	8	0	71	1481	6	1	2	17	2389	4	25	1
Roasted Wings, Single (1 serving)	377	224	25	7	0	118	1216	8	1	2	29	1334	2	37	2
Roasted Wings, Single (1 serving) with Dressing Choice Bleu Cheese	644	467	52	14	0	151	1511	8	1	3	32	1595	2	110	2
Roasted Wings, Single (1 serving) with Dressing Choice Ranch	653	481	53	13	0	143	1612	9	2	3	30	1530	3	62	2
Roasted Wings, Single (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	435	271	30	8	0	119	1477	10	2	3	30	1603	2	68	2
Roasted Wings, Single (1 serving) with Wing Rub Choice Lemon Pepper	416	227	25	7	0	118	5240	16	2	4	29	1439	2	51	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Asian Sweet Heat	522	225	25	7	0	118	1976	43	2	34	29	1560	5	49	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Barbecue	514	227	25	7	0	118	1737	40	2	31	29	1681	9	45	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Garlic Parmesan	978	798	89	17	0	128	2080	12	2	2	34	4665	3	164	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Habanero BBQ	524	227	25	7	0	118	1653	43	2	33	30	2990	43	43	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Honey Chipotle	513	226	25	7	0	118	2346	40	2	31	29	1602	4	44	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Hot Buffalo	418	228	25	7	0	118	2854	16	3	7	30	1955	2	50	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Hot Honey Mustard	629	328	36	8	0	123	1872	42	3	32	30	1489	2	54	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Medium Buffalo	413	227	25	7	0	118	2853	15	3	7	30	1698	2	47	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Mild Buffalo	623	448	50	11	0	118	2483	13	2	5	29	2871	2	44	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Slow Burn	411	227	25	7	0	118	2796	15	3	6	30	1710	4	47	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Spicy Mango	536	269	30	8	0	118	1520	36	2	26	29	4142	32	38	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	573	314	35	8	0	118	2448	32	1	20	31	1601	2	40	2
Roasted Wings, Single (1 serving) with Wing Sauce Choice Three Mile Island	448	230	26	7	0	118	3209	22	3	10	31	1750	2	63	4
Roasted Wings, Single (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	475	227	25	7	0	118	3733	32	3	12	30	1909	2	49	3
Roasted Wings, Single (1 serving) with Wing Sauce Choice Wet Lemon Pepper	930	762	85	15	0	118	2715	11	2	3	29	4504	7	43	2
Roasted Wings, Double (1 serving)	755	448	50	14	0	236	2431	15	3	4	58	2668	4	75	4
Roasted Wings, Double (1 serving) with Dressing Choice Bleu Cheese	1288	934	104	28	0	303	3022	17	3	6	64	3190	4	219	4
Roasted Wings, Double (1 serving) with Dressing Choice Ranch	1305	962	107	25	0	286	3223	19	3	6	60	3059	5	124	4
Roasted Wings, Double (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	870	541	60	15	0	238	2955	19	3	6	59	3206	4	136	4
Roasted Wings, Double (1 serving) with Wing Rub Choice Lemon Pepper	837	453	50	14	0	236	10931	33	4	8	59	2889	4	104	5
Roasted Wings, Double (1 serving) with Wing Sauce Choice Asian Sweet Heat	1049	451	50	14	0	236	3975	87	4	69	59	3126	10	98	5
Roasted Wings, Double (1 serving) with Wing Sauce Choice Barbecue	1031	455	51	14	0	236	3489	82	4	63	59	3372	19	90	4
Roasted Wings, Double (1 serving) with Wing Sauce Choice Garlic Parmesan	1943	1585	176	34	0	248	4076	24	3	4	65	9275	6	239	4
Roasted Wings, Double (1 serving) with Wing Sauce Choice Habanero BBQ	1052	453	50	14	0	236	3319	87	4	67	59	6031	87	86	5
Roasted Wings, Double (1 serving) with Wing Sauce Choice Honey Chipotle	1031	452	50	14	0	236	4726	81	4	64	59	3211	7	88	5
Roasted Wings, Double (1 serving) with Wing Sauce Choice Hot Buffalo	837	455	51	14	0	236	5758	32	6	14	60	3930	4	100	6
Roasted Wings, Double (1 serving) with Wing Sauce Choice Hot Honey Mustard	1265	659	73	17	0	245	3763	86	6	65	60	2982	5	109	5
Roasted Wings, Double (1 serving) with Wing Sauce Choice Medium Buffalo	826	453	50	14	0	236	5756	30	5	13	59	3408	4	95	6
Roasted Wings, Double (1 serving) with Wing Sauce Choice Mild Buffalo	1253	902	100	21	0	236	5005	25	4	10	59	5788	4	88	5
Roasted Wings, Double (1 serving) with Wing Sauce Choice Slow Burn	823	453	50	14	0	236	5639	30	5	13	59	3432	7	95	6
Roasted Wings, Double (1 serving) with Wing Sauce Choice Spicy Mango	1072	538	60	15	0	236	3039	71	4	52	58	8285	64	75	4
Roasted Wings, Double (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	1145	628	70	16	0	236	4896	64	3	40	61	3201	5	80	4
Roasted Wings, Double (1 serving) with Wing Sauce Choice Three Mile Island	898	460	51	14	0	236	6478	44	7	21	61	3512	4	126	7
Roasted Wings, Double (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	952	455	51	14	0	236	7490	64	6	23	59	3825	4	98	6
Roasted Wings, Double (1 serving) with Wing Sauce Choice Wet Lemon Pepper	1866	1530	170	31	0	236	5446	22	3	6	58	9040	13	87	4

Roasted Wings, Triple (1 serving)	1132	672	75	21	0	354	3647	23	4	6	87	4003	6	112	6
Roasted Wings, Triple (1 serving) with Dressing Choice Bleu Cheese	1932	1402	156	43	0	454	4533	25	4	8	96	4785	6	329	6
Roasted Wings, Triple (1 serving) with Dressing Choice Ranch	1958	1442	160	38	0	429	4835	28	5	9	90	4589	8	186	6
Roasted Wings, Triple (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	1305	812	90	23	0	357	4432	29	5	8	89	4809	7	204	6
Roasted Wings, Triple (1 serving) with Wing Rub Choice Lemon Pepper	1249	680	76	21	0	354	15720	49	6	12	88	4316	6	153	7
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Asian Sweet Heat	1571	676	75	21	0	354	5950	130	6	103	88	4686	14	146	7
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Barbecue	1545	682	76	21	0	354	5226	122	6	94	88	5053	28	134	7
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Garlic Parmesan	2890	2356	262	50	0	369	6051	37	5	6	97	13790	9	314	6
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Habanero BBQ	1576	680	76	21	0	354	4972	130	6	100	89	9021	130	129	7
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Honey Chipotle	1544	677	75	21	0	354	7072	121	7	95	88	4813	11	132	8
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Hot Buffalo	1255	683	76	21	0	354	8611	48	9	21	89	5885	7	150	9
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Hot Honey Mustard	1893	986	110	25	0	368	5635	128	9	97	90	4471	7	163	8
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Medium Buffalo	1239	680	76	21	0	354	8610	45	8	20	89	5106	6	143	9
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Mild Buffalo	1875	1349	150	32	0	354	7489	38	7	15	88	8658	6	132	8
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Slow Burn	1235	680	76	21	0	354	8435	45	8	20	89	5142	11	142	9
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Spicy Mango	1608	807	90	23	0	354	4559	107	6	77	87	12427	96	113	6
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	1718	942	105	24	0	354	7344	96	4	60	92	4802	7	120	6
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Three Mile Island	1345	690	77	21	0	354	9687	66	10	32	92	5262	6	189	11
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	1426	682	76	21	0	354	11198	95	8	35	89	5728	6	147	9
Roasted Wings, Triple (1 serving) with Wing Sauce Choice Wet Lemon Pepper	2791	2287	254	46	0	354	8146	33	5	8	87	13513	20	130	6
Roasted Wings, Party Pack (1 serving)	1887	1120	124	35	0	589	6078	38	7	10	144	6671	10	187	10
Roasted Wings, Party Pack (1 serving) with Dressing Choice Bleu Cheese	2954	2093	233	64	0	723	7260	41	7	13	157	7714	10	476	10
Roasted Wings, Party Pack (1 serving) with Dressing Choice Ranch	2988	2147	239	58	0	690	7662	45	8	14	149	7452	12	285	10
Roasted Wings, Party Pack (1 serving) with Wing Rub Choice Buttermilk Ranch Dill	2174	1353	150	39	0	595	7387	48	8	14	148	8016	11	341	10
Roasted Wings, Party Pack (1 serving) with Wing Rub Choice Lemon Pepper	2073	1132	126	35	0	589	25395	80	10	19	146	7173	10	252	12
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Asian Sweet Heat	2619	1126	125	35	0	589	9925	216	10	172	146	7812	24	244	12
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Barbecue	2576	1137	126	35	0	589	8715	204	10	158	146	8426	47	224	11
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Garlic Parmesan	4803	3914	435	82	0	609	10022	61	8	11	159	22915	16	463	10
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Habanero BBQ	2629	1133	126	35	0	589	8291	216	10	167	148	15051	217	215	12
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Honey Chipotle	2575	1129	125	35	0	589	11797	202	11	159	147	8024	19	220	13
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Hot Buffalo	2092	1138	127	35	0	589	14369	81	14	36	149	9815	11	250	15
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Hot Honey Mustard	3158	1645	183	42	0	613	9398	214	15	162	150	7453	11	271	13
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Medium Buffalo	2065	1133	126	35	0	589	14366	76	13	33	148	8514	10	238	15
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Mild Buffalo	3128	2251	250	53	0	589	12494	63	11	26	147	14446	10	221	13
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Slow Burn	2058	1133	126	35	0	589	14074	74	13	33	148	8573	18	237	14
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Spicy Mango	2680	1346	150	38	0	589	7598	178	9	129	144	20712	160	189	10
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Sweet Sesame Ginger	2864	1569	174	40	0	589	12240	160	7	100	153	8003	12	199	10
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Three Mile Island	2243	1150	128	36	0	589	16166	110	17	53	154	8775	10	316	19
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	2378	1136	126	35	0	589	18688	159	14	58	149	9553	11	245	15
Roasted Wings, Party Pack (1 serving) with Wing Sauce Choice Wet Lemon Pepper	4658	3817	424	77	0	589	13592	55	8	14	145	22553	33	216	11
Wing Sauces, 2 fl oz (0.27 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Rub Choice Buttermilk Ranch Dill	6	5	1	0	0	0	26	0	0	0	0	27	0	3	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Asian Sweet Heat	15	0	0	0	0	0	77	4	0	3	0	23	0	1	0

Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Barbecue	14	0	0	0	0	0	53	3	0	3	0	35	1	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Garlic Parmesan	61	58	6	1	0	1	87	0	0	0	1	337	0	13	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Habanero BBQ	15	0	0	0	0	0	44	4	0	3	0	167	4	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Honey Chipotle	14	0	0	0	0	0	114	3	0	3	0	27	0	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Hot Buffalo	4	0	0	0	0	0	166	1	0	1	0	63	0	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Hot Honey Mustard	19	8	1	0	0	0	50	3	0	2	0	12	0	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Medium Buffalo	4	0	0	0	0	0	166	1	0	0	0	37	0	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Mild Buffalo	25	23	3	0	0	0	128	1	0	0	0	155	0	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Slow Burn	3	0	0	0	0	0	160	1	0	0	0	38	0	1	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Spicy Mango	16	5	1	0	0	0	31	3	0	2	0	284	3	0	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Sweet Sesame Ginger	15	5	1	0	0	0	121	2	0	2	0	0	0	0	0
Wing Sauces, 2 fl oz (0.27 fluid ounces) with Wing Sauce Choice Three Mile Island	7	1	0	0	0	0	202	1	0	1	0	42	0	3	0
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Cajun Voodoo Magic	73	2	0	0	0	0	1885	18	1	7	1	431	0	9	1
Wing Sauces, 2 fl oz (2 fluid ounces) with Wing Sauce Choice Wet Lemon Pepper	414	403	45	6	0	0	1124	3	0	1	0	2375	4	4	0

Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken BLT Salad (1 serving)	291	163	18	4	0	15	372	22	10	7	11	8617	57	103	3
Chicken BLT Salad (1 serving) with Dressing Choice Blue Cheese	557	406	45	11	0	48	667	23	10	8	14	8878	57	175	3
Chicken BLT Salad (1 serving) with Dressing Choice Caesar	649	513	57	10	0	36	820	23	11	8	12	8705	60	156	3
Chicken BLT Salad (1 serving) with Dressing Choice Chipotle Crema	527	378	42	8	0	36	849	25	11	10	11	8775	61	118	3
Chicken BLT Salad (1 serving) with Dressing Choice Classic Vinaigrette	678	530	59	7	0	15	648	26	11	10	11	8626	57	106	3
Chicken BLT Salad (1 serving) with Dressing Choice Honey Mustard	576	361	40	7	0	25	686	42	10	24	11	8617	57	103	3
Chicken BLT Salad (1 serving) with Dressing Choice Ranch	550	405	45	9	0	39	745	24	11	8	12	8801	57	126	3
Chicken BLT Salad (1 serving) with Dressing Choice Sesame Vinaigrette	611	465	52	7	0	20	648	26	11	10	11	8618	57	105	3
Chicken BLT Salad (1 serving) with Grilled Chicken	454	180	20	4	0	97	2185	24	11	8	44	8658	58	129	5
Chicken BLT Salad (1 serving) with Grilled Salmon	623	360	40	8	0	115	496	22	10	7	44	8881	63	123	4
Chicken BLT Salad (1 serving) with Grilled Shrimp	462	213	24	5	0	230	944	24	10	8	39	9037	60	177	7
Chicken BLT Salad, Lunch (1 serving)	218	130	14	3	0	8	196	16	9	5	7	6356	41	72	2
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Blue Cheese	485	373	41	10	0	41	492	16	9	5	10	6616	41	144	2
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Caesar	577	479	53	8	0	29	645	17	9	5	8	6444	44	125	2
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Chipotle Crema	454	345	38	7	0	28	674	19	9	7	7	6513	46	87	3
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Classic Vinaigrette	606	497	55	6	0	8	473	20	9	8	7	6365	41	75	3
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Honey Mustard	503	328	36	6	0	17	510	36	9	21	7	6356	41	72	2
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Ranch	478	372	41	8	0	31	569	17	9	6	8	6540	42	95	3
Chicken BLT Salad, Lunch (1 serving) with Dressing Choice Sesame Vinaigrette	539	432	48	6	0	13	472	20	9	7	7	6357	42	74	2
Chicken BLT Salad, Lunch (1 serving) with Grilled Chicken	382	147	16	3	0	90	2010	17	9	5	40	6397	43	98	4
Chicken BLT Salad, Lunch (1 serving) with Grilled Salmon	550	327	36	7	0	108	321	16	9	5	40	6619	48	93	3
Chicken BLT Salad, Lunch (1 serving) with Grilled Shrimp	389	180	20	4	0	223	768	17	9	5	35	6775	44	146	6
Crispy Chicken Picnic Cobb Salad (1 serving)	870	298	33	9	0	337	2916	77	9	6	64	6735	36	231	8
Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Blue Cheese	1137	541	60	16	0	370	3212	78	9	7	67	6996	36	303	8
Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Caesar	1228	647	72	15	0	358	3365	78	9	7	66	6823	39	284	8
Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Chipotle Crema	1106	513	57	14	0	358	3394	80	9	9	65	6892	41	246	8

Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Classic Vinaigrette	1257	664	74	12	0	337	3193	81	9	9	65	6744	36	234	8
Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Honey Mustard	1155	495	55	12	0	347	3230	97	9	23	64	6735	36	231	8
Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Ranch	1129	539	60	14	0	361	3289	79	9	7	65	6919	36	254	8
Crispy Chicken Picnic Cobb Salad (1 serving) with Dressing Choice Sesame Vinaigrette	1191	599	67	12	0	342	3192	81	9	9	65	6736	37	233	8
Sesame Chicken Crunch Salad (1 serving)	375	75	8	1	0	83	1838	32	8	9	40	9429	57	156	4
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Blue Cheese	642	319	35	8	0	117	2134	32	8	10	43	9690	57	228	4
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Caesar	734	425	47	7	0	104	2286	33	8	9	42	9518	61	209	5
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Chipotle Crema	611	291	32	6	0	104	2316	35	8	11	41	9587	62	171	5
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Classic Vinaigrette	763	442	49	4	0	83	2115	36	8	12	40	9439	57	159	5
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Honey Mustard	660	273	30	4	0	93	2152	52	8	25	40	9429	57	156	4
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Ranch	635	317	35	6	0	107	2211	33	8	10	41	9613	58	179	5
Sesame Chicken Crunch Salad (1 serving) with Dressing Choice Sesame Vinaigrette	696	377	42	4	0	89	2114	36	8	12	40	9430	58	158	5
Southwest Salad (1 serving)	308	122	14	2	0	0	586	37	11	7	8	9015	93	145	5
Southwest Salad (1 serving) with Dressing Choice Blue Cheese	574	366	41	9	0	33	882	37	11	8	11	9276	93	217	5
Southwest Salad (1 serving) with Dressing Choice Caesar	666	472	52	8	0	21	1035	38	11	7	10	9104	96	198	5
Southwest Salad (1 serving) with Dressing Choice Chipotle Crema	544	338	38	7	0	21	1064	40	11	10	8	9173	98	159	5
Southwest Salad (1 serving) with Dressing Choice Classic Vinaigrette	695	489	54	5	0	0	863	41	11	10	8	9025	93	148	5
Southwest Salad (1 serving) with Dressing Choice Honey Mustard	593	320	36	5	0	10	901	57	11	23	8	9015	93	145	5
Southwest Salad (1 serving) with Dressing Choice Ranch	567	364	40	7	0	24	959	38	11	8	9	9199	94	168	5
Southwest Salad (1 serving) with Dressing Choice Sesame Vinaigrette	628	424	47	5	0	5	863	41	11	10	8	9016	94	147	5
Southwest Salad (1 serving) with Protein Option Cajun Shrimp	471	147	16	2	0	222	1882	42	12	7	38	9941	98	256	10
Southwest Salad (1 serving) with Protein Option Fried Chicken Tenders	852	215	24	4	0	99	2946	100	14	8	54	9471	96	196	10
Southwest Salad (1 serving) with Protein Option Grilled Chicken	471	139	15	2	0	82	2400	38	11	7	41	9057	95	171	6
Southwest Salad (1 serving) with Protein Option Grilled Salmon	640	319	35	6	0	100	711	37	11	7	42	9279	100	165	5
Southwest Salad, Lunch (1 serving)	298	121	13	2	0	0	578	35	10	7	7	7021	84	128	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Blue Cheese	564	365	41	9	0	33	874	36	10	7	10	7282	84	201	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Caesar	656	471	52	8	0	21	1027	36	10	7	9	7109	87	181	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Chipotle Crema	534	337	37	7	0	21	1056	38	10	9	8	7179	89	143	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Classic Vinaigrette	685	488	54	5	0	0	855	39	10	9	7	7030	84	132	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Honey Mustard	583	319	35	5	0	10	892	55	10	23	7	7021	84	128	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Ranch	557	363	40	7	0	24	951	37	10	8	8	7205	85	152	4
Southwest Salad, Lunch (1 serving) with Dressing Choice Sesame Vinaigrette	618	423	47	5	0	5	854	39	10	9	7	7022	85	130	4
Southwest Salad, Lunch (1 serving) with Protein Option Cajun Shrimp	384	135	15	2	0	123	1190	37	13	7	24	7350	87	180	7
Southwest Salad, Lunch (1 serving) with Protein Option Fried Chicken Tenders	842	214	24	4	0	99	2937	99	13	8	54	7476	87	180	10
Southwest Salad, Lunch (1 serving) with Protein Option Grilled Chicken	461	138	15	2	0	82	2392	37	11	7	40	7062	86	154	5
Southwest Salad, Lunch (1 serving) with Protein Option Grilled Salmon	630	318	35	6	0	100	703	35	10	7	41	7285	91	149	5
Garden Salad, Entree (1 serving)	344	201	22	10	0	53	450	22	6	7	15	7379	36	293	2
Garden Salad, Entree (1 serving) with Dressing Choice Blue Cheese	611	444	49	17	0	86	745	22	6	8	18	7640	36	365	2
Garden Salad, Entree (1 serving) with Dressing Choice Caesar	702	550	61	16	0	74	898	23	6	7	17	7467	39	346	3
Garden Salad, Entree (1 serving) with Dressing Choice Chipotle Crema	580	416	46	15	0	74	928	25	6	9	16	7536	41	307	3
Garden Salad, Entree (1 serving) with Dressing Choice Classic Vinaigrette	732	567	63	13	0	53	726	26	6	10	15	7388	36	296	3
Garden Salad, Entree (1 serving) with Dressing Choice Honey Mustard	629	398	44	13	0	63	764	42	6	23	15	7379	36	293	2

Garden Salad, Entree (1 serving) with Dressing Choice Ranch	604	442	49	15	0	76	823	23	6	8	16	7563	37	316	3
Garden Salad, Entree (1 serving) with Dressing Choice Sesame Vinaigrette	665	502	56	13	0	58	726	26	6	10	15	7380	37	295	3
Garden Salad, Entree (1 serving) with Protein Option Buffalo Chicken Tenders	901	294	33	12	0	152	3429	88	9	10	62	7972	39	348	8
Garden Salad, Entree (1 serving) with Protein Option Grilled Chicken	507	217	24	11	0	135	2263	23	6	7	48	7420	38	319	4
Garden Salad, Entree (1 serving) with Protein Option Grilled Salmon	676	397	44	14	0	153	574	22	6	7	49	7642	43	313	3
Garden Salad, Entree (1 serving) with Protein Option Grilled Shrimp	515	251	28	11	0	268	1022	23	6	7	44	7799	40	367	6
Garden Salad, Lunch (1 serving)	286	178	20	9	0	47	420	14	4	4	14	6532	31	277	2
Garden Salad, Lunch (1 serving) with Dressing Choice Blue Cheese	553	421	47	16	0	80	716	15	4	5	17	6793	31	350	2
Garden Salad, Lunch (1 serving) with Dressing Choice Caesar	645	527	59	14	0	68	868	15	4	4	16	6621	35	330	2
Garden Salad, Lunch (1 serving) with Dressing Choice Chipotle Crema	523	393	44	13	0	68	898	17	4	6	14	6690	36	292	3
Garden Salad, Lunch (1 serving) with Dressing Choice Classic Vinaigrette	674	545	61	11	0	47	697	18	4	7	14	6542	31	281	2
Garden Salad, Lunch (1 serving) with Dressing Choice Honey Mustard	571	375	42	12	0	57	734	34	4	20	14	6532	31	277	2
Garden Salad, Lunch (1 serving) with Dressing Choice Ranch	546	420	47	14	0	70	793	16	5	5	15	6716	32	301	2
Garden Salad, Lunch (1 serving) with Dressing Choice Sesame Vinaigrette	607	479	53	12	0	52	696	18	4	7	14	6533	32	279	2
Garden Salad, Lunch (1 serving) with Protein Option Buffalo Chicken Tenders	844	271	30	10	0	145	3399	81	7	7	60	7126	34	332	8
Garden Salad, Lunch (1 serving) with Protein Option Grilled Chicken	450	195	22	9	0	129	2234	16	5	4	47	6574	33	303	4
Garden Salad, Lunch (1 serving) with Protein Option Grilled Salmon	618	375	42	13	0	147	545	14	4	4	48	6796	38	298	3
Garden Salad, Lunch (1 serving) with Protein Option Grilled Shrimp	457	228	25	9	0	262	992	16	4	4	43	6952	35	352	6
Caesar Salad, Entree (1 serving)	567	468	52	15	0	60	748	18	4	3	9	7335	32	227	2
Caesar Salad, Entree (1 serving) with Blackened Chicken	767	489	54	15	0	159	1668	21	5	4	49	7817	35	270	4
Caesar Salad, Entree (1 serving) with Cajun Grilled Shrimp	728	491	55	15	0	282	1674	23	4	4	39	7598	35	303	6
T Mac Iceberg Wedge (1 serving)	615	537	60	17	0	81	858	5	1	3	11	1110	6	197	0
Salad Dressings (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Blue Cheese	267	243	27	7	0	33	296	1	0	1	3	261	0	72	0
Salad Dressings (2 fluid ounces) with Dressing Choice Caesar	359	349	39	6	0	21	448	1	0	0	2	88	3	53	0
Salad Dressings (2 fluid ounces) with Dressing Choice Classic Vinaigrette	388	367	41	3	0	0	277	4	0	3	0	9	0	3	0
Salad Dressings (2 fluid ounces) with Dressing Choice Honey Mustard	285	197	22	3	0	10	314	20	0	16	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Ranch	260	242	27	5	0	24	373	2	0	1	1	184	1	23	0
Salad Dressings (2 fluid ounces) with Dressing Choice Sesame Vinaigrette	321	301	33	3	0	5	276	4	0	3	0	1	1	2	0
Salad Dressings (4 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (4 fluid ounces) with Dressing Choice Blue Cheese	533	486	54	14	0	67	591	1	0	1	6	522	0	144	0
Salad Dressings (4 fluid ounces) with Dressing Choice Caesar	717	699	78	12	0	42	897	2	0	1	4	177	6	106	0
Salad Dressings (4 fluid ounces) with Dressing Choice Chipotle Crema	473	430	48	10	0	42	956	6	0	5	1	315	10	29	0
Salad Dressings (4 fluid ounces) with Dressing Choice Classic Vinaigrette	775	733	81	6	0	0	554	8	0	6	0	19	0	7	0
Salad Dressings (4 fluid ounces) with Dressing Choice Honey Mustard	570	395	44	6	0	20	628	40	0	32	0	0	0	0	0
Salad Dressings (4 fluid ounces) with Dressing Choice Ranch	519	483	54	11	0	47	746	3	1	2	2	368	1	47	0
Salad Dressings (4 fluid ounces) with Dressing Choice Sesame Vinaigrette	641	603	67	6	0	10	552	8	0	5	0	2	2	4	0

Hand Crafted Tacos	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Crispy Chicken Tacos (1 serving)	1184	395	44	14	0	116	4711	142	4	39	47	1454	25	354	9
Crispy Chicken Tacos (1 serving) with Tortilla Chip Choice Gluten Free	1475	532	59	16	0	116	5241	178	8	39	51	1454	25	434	11
Crispy Chicken Tacos (1 serving) with Tortilla Chip Choice Regular	1325	421	47	14	0	116	5015	168	4	41	50	1454	25	411	9
Chicken Tinga Tacos, Three Tacos (1 serving)	722	179	20	9	0	97	1706	86	2	7	44	777	20	383	5
Taco Mac Beef Tacos, Three Tacos (1 serving)	924	378	42	21	0	115	2408	88	3	7	42	1588	25	582	8
Grilled Baja Shrimp Tacos (1 serving)	642	210	23	9	0	237	2078	64	4	8	39	1404	57	282	8
Grilled Baja Shrimp Tacos (1 serving) with Tortilla Chip Choice Gluten Free	933	347	39	11	0	237	2608	100	8	8	43	1404	57	363	10
Grilled Baja Shrimp Tacos (1 serving) with Tortilla Chip Choice Regular	784	236	26	9	0	237	2381	90	4	11	42	1404	57	340	8
Smoked Brisket Tacos (1 serving)	822	405	45	18	0	145	1559	57	1	5	40	770	21	235	7
Smoked Brisket Tacos (1 serving) with Tortilla Chip Choice Gluten Free	1113	542	60	20	0	145	2089	93	5	5	44	770	21	316	9
Smoked Brisket Tacos (1 serving) with Tortilla Chip Choice Regular	964	431	48	18	0	145	1863	83	1	7	43	770	21	292	7

Knife and Fork Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cajun Rubbed Salmon (1 serving)	469	251	28	5	0	103	2653	20	2	4	37	922	35	81	1
Grilled Chicken Entree (1 serving)	625	206	23	4	0	164	2384	30	5	19	71	5668	152	125	4
Southwest Power Bowl (1 serving)	741	151	17	3	0	57	1989	106	7	10	35	2133	97	153	8

Sandwiches & Wraps	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Philly (1 serving)	650	230	26	10	0	116	1752	53	4	6	49	1646	66	392	4
South Street Philly Cheese Steak (1 serving)	787	345	38	15	0	103	2509	53	4	5	53	1650	64	409	6
Grilled Hollywood Chicken Sandwich (1 serving)	634	325	36	9	0	123	2765	29	2	19	45	286	6	237	2
Grilled Hollywood Chicken Sandwich (1 serving) with Bread Choice Brioche Bun	854	357	40	10	0	123	3205	69	3	23	51	286	6	327	4
Grilled Hollywood Chicken Sandwich (1 serving) with Bread Choice Gluten Free Bun	864	379	42	9	0	123	3205	68	7	25	51	286	6	277	2
Crispy Chicken Sandwich (1 serving)	553	252	28	4	0	92	1734	36	2	1	37	502	5	46	3
Crispy Chicken Sandwich (1 serving) with Bun Choice Gluten Free	783	306	34	4	0	92	2174	75	7	7	43	502	5	86	4
Crispy Chicken Sandwich (1 serving) with Bun Choice Regular	773	283	31	5	0	92	2174	76	3	5	43	502	5	136	6
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Asian Sweet Heat	608	252	28	4	0	92	2022	49	2	13	37	587	6	50	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Barbecue	605	253	28	4	0	92	1932	48	2	12	37	633	8	49	3
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Cajun Voodoo Magic	590	253	28	4	0	92	2678	45	2	5	37	717	5	50	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Garlic Parmesan	773	461	51	8	0	97	2064	37	2	1	39	1718	6	111	3
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Habanero BBQ	608	253	28	4	0	92	1900	49	2	13	37	1129	21	48	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Honey Chipotle	604	252	28	4	0	92	2162	48	2	12	37	603	6	49	4

Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Hot Honey Mustard	648	291	32	5	0	94	1983	49	2	13	37	560	5	52	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Medium Buffalo	566	253	28	4	0	92	2355	39	2	3	37	640	5	50	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Mild Buffalo	646	336	37	5	0	92	2214	38	2	3	37	1084	5	49	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Slow Burn	566	252	28	4	0	92	2333	38	2	3	37	644	6	50	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Spicy Garlic	756	444	49	7	0	92	2103	38	2	1	37	1687	6	51	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Three Mile Island	580	254	28	4	0	92	2489	41	3	5	38	659	5	56	4
Crispy Chicken Sandwich (1 serving) with Wing Sauce Choice Wet Lemon Pepper	760	453	50	7	0	92	2297	37	2	2	37	1690	7	48	3
Southwest Chicken Wrap (1 serving)	818	389	43	11	0	106	1651	68	10	8	36	1432	33	297	7
Blazin' Buffalo Chicken Wrap (1 serving)	686	325	36	10	0	101	1418	56	8	4	33	828	11	248	5
Blazin' Buffalo Chicken Wrap (1 serving) with Blue Cheese Dressing	753	386	43	12	0	109	1492	56	8	4	34	894	11	266	5
Blazin' Buffalo Chicken Wrap (1 serving) with Ranch Dressing	751	385	43	12	0	106	1512	56	8	4	34	874	12	254	5
Blackened Chicken Caesar Wrap (1 serving)	1065	595	66	19	0	164	2410	62	4	3	59	4176	20	363	6
Side Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
French Fries (1 serving)	347	140	16	3	0	0	933	48	6	1	5	94	20	4	2
Tater Tots (1 serving)	448	242	27	7	0	0	3295	44	6	0	5	12	6	40	1
Sweet Potato Fries (1 serving)	249	102	11	0	0	0	530	37	6	15	2	3	0	38	1
Oven-Baked Macaroni and Cheese (1 serving)	424	217	24	9	0	35	1109	35	2	5	17	209	0	287	1
Yellow Rice (1 serving)	166	8	1	0	0	0	486	34	1	0	3	0	1	13	2
Fresh Broccoli (1 serving)	220	173	19	3	0	0	309	8	3	2	4	5233	132	69	1
Fried Brussels Sprouts (1 serving)	152	33	4	1	0	0	1297	25	6	13	5	1208	126	66	2
Fried Pickles (1 serving)	571	299	33	6	0	24	2178	57	5	2	9	510	1	165	4
House-Made Cole Slaw (1 serving)	374	298	33	5	0	15	653	16	2	14	2	1067	33	51	1
Garden Salad, Side (1 serving)	276	177	20	9	0	47	406	13	3	4	13	3861	18	255	1
Garden Salad, Side (1 serving) with Dressing Choice Blue Cheese	542	420	47	16	0	80	701	13	3	4	16	4122	18	327	1
Garden Salad, Side (1 serving) with Dressing Choice Caesar	634	527	59	14	0	68	854	13	3	4	15	3949	21	308	1
Garden Salad, Side (1 serving) with Dressing Choice Chipotle Crema	512	392	44	13	0	68	883	16	3	6	14	4018	23	270	2
Garden Salad, Side (1 serving) with Dressing Choice Classic Vinaigrette	663	544	60	11	0	47	682	17	3	7	13	3870	18	258	2
Garden Salad, Side (1 serving) with Dressing Choice Honey Mustard	561	375	42	12	0	57	720	33	3	20	13	3861	18	255	1
Garden Salad, Side (1 serving) with Dressing Choice Ranch	535	419	47	14	0	70	779	14	4	5	14	4045	19	278	1
Garden Salad, Side (1 serving) with Dressing Choice Sesame Vinaigrette	596	479	53	12	0	52	682	17	3	6	13	3862	19	257	1
Garden Salad, Side (1 serving) with Protein Option Buffalo Chicken Tenders	833	270	30	10	0	145	3385	79	6	6	60	4454	21	310	7

Garden Salad, Side (1 serving) with Protein Option Grilled Chicken	439	194	22	9	0	129	2219	14	4	4	46	3902	20	281	3
Garden Salad, Side (1 serving) with Protein Option Grilled Salmon	608	374	42	13	0	147	530	13	3	4	47	4124	25	275	2
Garden Salad, Side (1 serving) with Protein Option Grilled Shrimp	447	227	25	9	0	262	978	14	3	4	42	4281	22	329	5
Caesar Salad, Side (1 serving)	382	326	36	10	0	38	497	10	2	2	5	3732	17	126	1
Caesar Salad, Side (1 serving) with Blackened Chicken	582	346	38	10	0	137	1417	13	3	2	45	4214	20	169	3
Caesar Salad, Side (1 serving) with Cajun Grilled Shrimp	543	348	39	10	0	259	1422	16	2	2	35	3995	20	202	5

Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Triple Threat Chocolate Cake (1 serving)	1040	531	59	30	0	125	770	112	6	73	13	1000	0	150	9
Classic Croissant-style beignets (1 serving)	465	222	25	9	0	0	454	52	2	11	9	0	0	0	3
Classic Croissant-style beignets (1 serving) with Chocolate Syrup	615	222	25	9	0	0	476	88	2	39	9	0	0	0	4
Classic Croissant-style beignets (1 serving) with Sea Salt Caramel Sauce	645	249	28	11	0	0	814	88	2	44	9	0	0	69	3
Peaches and Cream Croissant-style beignets (1 serving)	643	267	30	14	0	0	574	85	3	39	9	0	0	23	3
Salted Caramel Croissant-style beignets (1 serving)	781	364	40	17	1	33	774	89	3	43	13	0	0	100	4

Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kid Burger (1 serving)	40	0	0	0	0	0	320	10	0	8	0	600	0	0	0
Kid Burger (1 serving) with Bun Choice Gluten Free	270	54	6	0	0	0	760	49	5	14	6	600	0	40	0
Kid Burger (1 serving) with Bun Choice Regular	260	32	4	1	0	0	760	50	1	12	6	600	0	90	3
Kid Burger (1 serving) with Burger Patty Choice Beef Burger	227	109	12	5	0	62	1194	11	0	8	18	604	0	21	2
Kid Burger (1 serving) with Burger Patty Choice Fried Chicken	584	92	10	2	0	99	2679	74	2	9	46	1055	3	51	5
Kid Burger (1 serving) with Burger Patty Choice Grilled Chicken	230	19	2	1	0	99	504	11	0	8	39	642	2	23	1
Kid Burger (1 serving) with Oatmeal Creme Pie Sandwich Cookie	210	63	7	3	0	0	470	36	0	21	1	600	0	10	1
Kid Corn Dogs (1 serving)	421	240	27	8	0	35	928	32	0	12	12	0	0	105	3
Kid Corn Dogs (1 serving) with Honey Mustard	706	438	49	11	0	45	1242	52	0	28	12	0	0	105	3
Kid Corn Dogs (1 serving) with Oatmeal Creme Pie Sandwich Cookie	591	303	34	11	0	35	1078	58	0	25	13	0	0	115	3
Kid Grilled Cheese (1 serving)	383	165	18	6	0	33	877	40	2	2	11	701	2	207	2
Kid Grilled Cheese (1 serving) with Oatmeal Creme Pie Sandwich Cookie	553	228	25	9	0	33	1027	66	2	15	12	701	2	217	3
Kid Grilled Chicken Tenders (1 serving)	193	20	2	1	0	99	1008	1	0	0	39	46	2	28	1
Kid Grilled Chicken Tenders (1 serving) with Dressing Choice Blue Cheese	460	263	29	8	0	132	1303	2	0	1	42	307	2	101	1
Kid Grilled Chicken Tenders (1 serving) with Dressing Choice Honey Mustard	478	217	24	4	0	109	1322	21	0	17	39	46	2	28	1
Kid Grilled Chicken Tenders (1 serving) with Dressing Choice Ranch	468	276	31	6	0	124	1404	3	1	1	41	242	3	53	1
Kid Grilled Chicken Tenders (1 serving) with Oatmeal Creme Pie Sandwich Cookie	363	83	9	4	0	99	1158	27	0	13	40	46	2	38	2
Kid Mac and Cheese (1 serving)	369	169	19	11	0	50	658	38	1	8	11	859	4	236	1

Kid Mac and Cheese (1 serving) with Oatmeal Creme Pie Sandwich Cookie	539	232	26	14	0	50	808	64	1	21	12	859	4	246	2
Kid Nuggets (1 serving)	351	172	19	4	0	44	713	24	1	6	20	0	2	0	1
Kid Nuggets (1 serving) with Honey Mustard	635	369	41	7	0	54	1027	44	1	22	20	0	2	0	1
Kid Nuggets (1 serving) with Oatmeal Creme Pie Sandwich Cookie	521	235	26	7	0	44	863	50	1	19	21	0	2	10	2
Kid Tenders (1 serving)	544	92	10	2	0	99	2359	64	2	1	46	455	3	51	5
Kid Tenders (1 serving) with Honey Mustard	829	290	32	5	0	109	2673	84	2	17	46	455	3	51	5
Kid Tenders (1 serving) with Oatmeal Creme Pie Sandwich Cookie	714	155	17	5	0	99	2509	90	2	14	47	455	3	61	6