

DESSERT NUTRITIONAL INFORMATION

	Apple Turnover	Vanilla Shake	Chocolate Shake	Strawberry Shake
Serving Size	1	16 oz.	16 oz.	16 oz.
Calories	246	554	536	554
Calories from Fat (g)	97	68	77	68
Total Fat (g)	12	9	10	9
Saturated Fat (g)	3	5	5	5
Cholesterol (mg)	0	36	36	35
Sodium (mg)	298	281	291	286
Total Carbs (g)	34	113	106	114
Sugars (g)	6	62	68	69
Dietary Fiber (g)	1	0	5	0
Protein (g)	3	7	8	8
Vitamin A (% RDI)	0	25	24	20
Vitamin C (% RDI)	1	0	0	0
Calcium (% RDI)	1	29	28	29
Iron (% RDI)	7	2	5	2

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NUTRITIONAL Information



NUTRITIONAL INFORMATION		Serving Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (% RDI)	Vitamin C (% RDI)	Calcium (% RDI)	Iron (% RDI)
1/4 Pound Burger		1	621	360	40	13	3	822	41	14	4	21	3	21	6	14
1/4 Pound Cheeseburger		1	691	410	46	17	7	1172	41	14	4	24	7	21	16	14
1/4 Pound Bacon Cheeseburger		1	851	510	56	21	7	2072	43	16	4	36	7	21	16	14
1/2 Pound Double Cheeseburger		1	1131	760	85	33	11	1597	41	14	4	43	11	21	28	24
1/2 Pound Bacon Double Cheeseburger		1	1291	860	95	37	11	2497	43	16	4	55	11	21	28	24
1/4 Pound Chicken Filet Sandwich		1	462	180	21	3	1	977	44	4	2	25	1	1	0	8
1/4 Pound Chicken Filet Club Sandwich		1	696	330	37	11	8	2230	47	7	2	40	8	8	11	9
Grilled Chicken Sandwich		1	352	150	17	3	1	907	31	6	1	18	1	1	0	0
Chicken Wings, Small		5 wings	450	250	28	8	10	2400	18	0	0	35	10	0	5	10
Chicken Wings, Large		12 wings	1080	600	66	18	24	5760	42	0	0	84	24	0	12	24
Chicken Nuggets, Small		5 nuggets	240	130	15	3	0	550	13	0	1	14	0	0	4	8
Chicken Nuggets, Large		7 nuggets	576	321	36	7	0	1320	31	0	2	34	0	0	10	19
Hot Dog		1	449	280	32	13	0	1484	25	4	1	17	0	1	6	12
Chili Dog		1	466	288	32	13	1	1574	25	5	2	18	1	1	7	14
BBQ Sandwich		1	311	82	9	3	3	705	35	10	1	21	3	0	2	7
French Fries, Regular		4 oz.	150	60	7	2	0	320	19	0	2	2	0	6	0	4
French Fries, Large		6 oz.	225	90	11	3	0	480	29	0	3	3	0	9	0	6
BEVERAGES																
Pepsi		21 oz.	200	0	0	-	-	40	55	55	0	0	0	0	0	0
		32 oz.	300	0	0	-	-	60	84	84	0	0	0	0	0	0
		44 oz.	410	0	0	-	-	85	116	116	0	0	0	0	0	0
Diet Pepsi		21 oz.	0	0	0	-	-	50	0	0	0	0	0	0	0	0
		32 oz.	0	0	0	-	-	75	0	0	0	0	0	0	0	0
		44 oz.	0	0	0	-	-	105	0	0	0	0	0	0	0	0
Mountain Dew		21 oz.	220	0	0	-	-	70	57	57	0	0	0	0	0	0
		32 oz.	330	0	0	-	-	105	87	87	0	0	0	0	0	0
		44 oz.s	450	0	0	-	-	145	120	120	0	0	0	0	0	0
Sierra Mist		21 oz.	200	0	0	-	-	40	53	53	0	0	0	0	0	0
		32 oz.	300	0	0	-	-	60	81	81	0	0	0	0	0	0
		44 oz.	410	0	0	-	-	85	111	111	0	0	0	0	0	0
Tropicana Fruit Punch		21 oz.	220	0	0	-	-	50	59	59	0	0	0	0	0	0
		32 oz.	330	0	0	-	-	75	90	90	0	0	0	0	0	0
		44 oz.	450	0	0	-	-	105	124	124	0	0	0	0	0	0
Tropicana Lemonade		21 oz.	200	0	0	-	-	205	53	53	0	0	0	0	0	0
		32 oz.	300	0	0	-	-	315	81	81	0	0	0	0	0	0
		44 oz.	410	0	0	-	-	435	111	111	0	0	0	0	0	0
Tropicana Pink Lemonade		21 oz.	200	0	0	-	-	205	53	53	0	0	0	0	0	0
		32 oz.	300	0	0	-	-	315	81	81	0	0	0	0	0	0
		44 oz.	410	0	0	-	-	435	111	111	0	0	0	0	0	0