

SANDWICHES	Quantity	Measure	Gram Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Grilled Chicken Tender Sandwich <i>Contains: Egg, Wheat.</i>	1	Serving	239	400	108	12	1.5	0	85	1030	37	1	6	19
CHICKEN TENDERS: Chicken Breast Tenderloins containing up to 18% of a solution of Water, Salt, and Sodium Phosphates, BUN: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Potato Flour, Salt, Vinegar, Monoglycerides, Organic Whole Wheat Flour, Enzymes, Ascorbic Acid, Citric Acid, SALAD DRESSING: Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Modified Corn Starch, Salt, Dehydrated Onion, Paprika, Natural Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calcium Chloride, Sodium Benzoate (preservative), Alum, Polysorbate 80, Natural Flavor, Turmeric Extract (Color), SEASONING: Salt, Dehydrated Garlic, Black Pepper, Dehydrated Onion, Spices, Red Pepper.														
Hand-Breaded Chicken Tender Sandwich <i>Contains: Egg, Milk, Soy, Wheat.</i>	1	Serving	198	430	135	15	2.5	0	90	1250	41	2	6	33
HAND-BREADED CHICKEN TENDERS: Chicken Tenderloins, [Marinade: Water, Salt, Sodium Phosphate], Breading: [Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, and Folic Acid), Salt, Spices (Including Pepper), Soybean Oil, Monosodium Glutamate, Nonfat Dry Milk, Whey, Soy Flour, Whole Egg, and Natural Flavor and Colors (Oleoresins of Paprika, Pepper, Turmeric, and Annatto)], Canola Oil: [High Oleic Low Linoleic Canola Oil with TBHQ to protect flavor. Dimethylpolysiloxane, an antifoaming agent added], BUN: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Potato Flour, Salt, Vinegar, Monoglycerides, Organic Whole Wheat Flour, Enzymes, Ascorbic Acid, Citric Acid, SALAD DRESSING: Soybean Oil, Water, High Fructose Corn Syrup, Distilled Vinegar, Egg Yolk, Modified Corn Starch, Salt, Dehydrated Onion, Paprika, Natural Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calcium Chloride, Sodium Benzoate (preservative), Alum, Polysorbate 80, Natural Flavor, Turmeric Extract (Color).														
SWEETS & TREATS	Quantity	Measure	Gram Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Cap'n Crunch Cereal Milk Shake Large (32oz) <i>Contains: Milk, Soy.</i>	1	Serving	764	1130	324	36	21	0	130	1050	178	0	144	28
Cap'n Crunch Cereal Milk Shake Medium (20oz) <i>Contains: Milk, Soy.</i>	1	Serving	496	740	216	24	15	0	85	680	118	0	94	18
Cap'n Crunch Cereal Milk Shake Small (16oz) <i>Contains: Milk, Soy.</i>	1	Serving	383	590	171	19	12	0	65	550	94	0	73	14
SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Whey, Mono and Diglycerides, Disodium Phosphate, Cellulose Gum, Guar Gum, Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitamin A Palmitate, Water, CAP'N CRUNCH: Corn Flour, Sugar, Oat Flour, Vegetable Oil (Palm and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow 6, BHT (to preserve freshness), Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn Syrup, Sugar, Sorbitol, Less than 2% of: Fructose, Cellulose Gel, Sodium Caseinate (A Milk Derivative), Lactic Acid, Corn Starch, Sorbitan Monostearate, Soy Lecithin, Disodium Phosphate, Salt, Cellulose Gum, Polysorbate 60, DATEM, Mono- and Diglycerides, Polysorbate 80, Sodium Alginate, Natural and Artificial Flavors. Propellant: Nitrous Oxide, OOPS ALL BERRIES: Corn Flour, Sugar, Oat Flour, Brown Sugar, Palm and/or Coconut Oil, Salt, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Red 40, Blue 1, Reduced Iron, Yellow 5, Niacinamide, Thiamin Mononitrate, BHT (to preserve freshness), Pyridoxine Hydrochloride, Riboflavin, Folic Acid, MARASCHINO CHERRIES: Cherries, High Fructose Corn Syrup, Water, Citric Acid, Sodium Benzoate and Potassium Sorbate added as Preservatives, Calcium Chloride, Natural & Artificial Flavor, FD&C Red #40, Sulfur Dioxide (Preservative). Real cherries may contain pits.														