	Quantity	Measure	Gram Weight	t 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	1	Servina	239	400	108	12	1.5	0	85	1030	37	1	6	19
Contains: Egg, Wheat.					L									
CHICKEN TENDERS: Chicken Breast Tenderloins containing up to 18% of a solution					,		,							
Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeas	,			_										
Vinegar, Monoglycerides, Organic Whole Wheat Flour, Enzymes, Ascorbic Acid, C			,			, ,								
Vinegar, Egg Yolk, Modfied Corn Starch, Salt, Dehydrated Onion, Paprika, Natura Chlorida, Sadium Banzaeta (orsesprativa), Alum Palvaetada 30, Natural Elevar, T														
Chloride, Sodium Benzoate (preservative), Alum, Polysorbate 80, Natural Flavor, Tonion, Spices, Red Pepper.	iormeric exirc	ici (Color),	SEASONING. S	ali, Deriyarare	a Ganic, black re	epper, De	nyaratea							
Onion, spices, ked repper.														
Hand-Breaded Chicken Tender Sandwich	1	Serving	198	430	135	15	2.5	0	90	1250	41	2	6	33
Contains: Egg, Milk, Soy, Wheat.	'	Ŭ						0	70	1250	41	2	Ů	33
HAND-BREADED CHICKEN TENDERS: Chicken Tenderloins, [Marinade: Water, Salt, \S			0.		,									
Thiamin Mononitrate, Riboflavin, and Folic Acid), Salt, Spices (Including Pepper), S	,			. ,	. , . ,		Egg, and							
Natural Flavor and Colors (Oleoresins of Paprika, Pepper, Turmeric, and Annatto)]														
Dimethylpolysiloxane, an antifoaming agent added], BUN: Enriched Flour (Wheat		,												
Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Po						r, Enzymes								
Acid, Citric Acid, SALAD DRESSING: Soybean Oil, Water, High Fructose Corn Syrup, Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciumbers, Water, Vinegar, Salt, Contains less than 2% of Calciumbers.														
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu														
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color).	um Chloride,	Sodium Ben		vative), Alum, I		atural Flav	vor, Turmeric		Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS	um Chloride,	Sodium Ben Measure	zoate (preser	vative), Alum, l	Polysorbate 80, N FatCals (kcal)	atural Flav	vor, Turmeric SatFat (g)	TransFat (g)	, , ,	()/	(0)	(0)	1 2 0 2 (0)	- (0)
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (320z)	um Chloride,	Sodium Ben	nzoate (preser	vative), Alum, I	Polysorbate 80, N	atural Flav	vor, Turmeric		Chol (mg)	Sod (mg) 1050	Carb (g)	TotFib (g)	Sugar (g) 144	Prot (g) 28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy.	um Chloride,	Sodium Ben Measure Serving	Gram Weight	t Cals (kcal)	Polysorbate 80, N FatCals (kcal) 324	Fat (g)	SatFat (g)	TransFat (g)	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy.	um Chloride,	Sodium Ben Measure	zoate (preser	vative), Alum, l	Polysorbate 80, N FatCals (kcal)	atural Flav	vor, Turmeric SatFat (g)	TransFat (g)	, , ,	()/	(0)	(0)	1 2 0 2 (0)	- (0)
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz)	um Chloride,	Measure Serving Serving	Gram Weight 764 496	t Cals (kcal) 1130 740	Polysorbate 80, N FatCals (kcal) 324 216	Fat (g) 36 24	SatFat (g) 21 15	TransFat (g) 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy.	Quantity 1 1	Sodium Ben Measure Serving Serving Serving	Gram Weight 764 496 383	vative), Alum, I t Cals (kcal) 1130 740 590	FatCals (kcal) 324 216	36 24 19	SatFat (g) 21 15	TransFat (g)	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of:	Quantity 1 1 Whey, Monday	Measure Serving Serving Serving Serving and Diglyd	Gram Weight 764 496 383 cerides, Disodi	t Cals (kcal) 1130 740 590 ium Phosphate	Polysorbate 80, N FatCals (kcal) 324 216 171 c, Cellulose Gum,	Fat (g) 36 24 19 Guar Gun	SatFat (g) 21 15 12 n,	TransFat (g) 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami	Quantity 1 1 Whey, Mononin A Palmitat	Measure Serving Serving Serving Serving O and Diglyce, Water, C	Gram Weight 764 496 383 cerides, Disodi	t Cals (kcal) 1130 740 590 ium Phosphatet: Corn Flour, Si	Polysorbate 80, N FatCals (kcal) 324 216 171 2, Cellulose Gum, ugar, Oat Flour, V	Fat (g) 36 24 19 Guar Gun (egetable	SatFat (g) 21 15 12 n, Oil (Palm	TransFat (g) 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow	Quantity 1 1 Whey, Monchin A Palmitaty 6, BHT (to pr	Serving Serving Serving Serving O and Diglyce, Water, Coeserve frest	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH	t Cals (kcal) 1130 740 590 ium Phosphatet: Corn Flour, Sine Mononitrate	Polysorbate 80, N FatCals (kcal) 324 216 171 2, Cellulose Gum, ugar, Oat Flour, Ve, Pyridoxine Hydr	Fat (g) 36 24 19 Guar Gun (egetable rochloride	SatFat (g) 21 15 12 n, Oil (Palm, Riboflavin,	TransFat (g) 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn S	Quantity 1 1 1 Whey, Monchin A Palmitativ 6, BHT (to print)	Sodium Ben Measure Serving Serving Serving O and Diglyte, Water, Coeserve frest Sorbitol, Les	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH	t Cals (kcal) 1130 740 590 ium Phosphatet: Corn Flour, Sine Mononitrate Fructose, Cellu	Polysorbate 80, N FatCals (kcal) 324 216 171 2, Cellulose Gum, ugar, Oat Flour, Ve, Pyridoxine Hydrulose Gel, Sodium	Fat (g) 36 24 19 Guar Gun (egetable ochloride Caseinat	SatFat (g) 21 15 12 n, Oil (Palm, Riboflavin, e (A Milk	TransFat (g) 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn Sperivative), Lactic Acid, Corn Starch, Sorbitan Monostearate, Soy Lecithin, Disodiu	Quantity 1 1 Whey, Monchin A Palmitat v 6, BHT (to pr Syrup, Sugar, ium Phospha	Serving Serving Serving Serving O and Diglyce, Water, Ceserve frest Sorbitol, Lette, Salt, Cel	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH nness), Thiamir ss than 2% of: lulose Gum, Po	vative), Alum, I Cals (kcal) 1130 740 590 sium Phosphate 1: Corn Flour, Sine Mononitrate Fructose, Celluolysorbate 60,	Polysorbate 80, N FatCals (kcal) 324 216 171 e, Cellulose Gum, ugar, Oat Flour, Va, Pyridoxine Hydrulose Gel, Sodium DATEM, Mono- a	Fat (g) 36 24 19 Guar Gun egetable ochloride Caseinat- nd Diglyce	SatFat (g) 21 15 12 n, Oil (Palm, Riboflavin, e (A Milk erides,	7ransFat (g) 0 0 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn S Derivative), Lactic Acid, Corn Starch, Sorbitan Monostearate, Soy Lecithin, Disodii Polysorbate 80, Sodium Alginate, Natural and Artificial Flavors. Propellant: Nitrous	Quantity 1 1 1 Whey, Monchin A Palmitativ 6, BHT (to property), Sugar, ium Phospha	Serving Serving Serving Serving Serving O and Diglyo e, Water, C esserve frest Sorbitol, Le: te, Salt, Cel S ALL BERRIE	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH- nness), Thiamir ss than 2% of: lulose Gum, Po	vative), Alum, I Cals (kcal) 1130 740 590 ium Phosphate 1: Corn Flour, S ne Mononitrate Fructose, Cellu olysorbate 60, Sugar, Oat Flo	Polysorbate 80, N FatCals (kcal) 324 216 171 e, Cellulose Gum, ugar, Oat Flour, Ve, Pyridoxine Hydr ulose Gel, Sodium DATEM, Mono-aur, Brown Sugar, I	Fat (g) 36 24 19 Guar Gun 'egetable ochloride Caseinat- nd Diglyce Palm and/	SatFat (g) 21 15 12 n, Oil (Palm , Riboflavin, e (A Milk erides, or Coconut	7ransFat (g) 0 0 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn S Derivative), Lactic Acid, Corn Starch, Sorbitan Monostearate, Soy Lecithin, Disodii Polysorbate 80, Sodium Alginate, Natural and Artificial Flavors. Propellant: Nitrous Oil, Salt, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Red 40, Blue 1, R	Quantity 1 1 1 Whey, Monchin A Palmitativ 6, BHT (to price Syrup, Sugar, ium Phospha Oxide, OOPsteduced Iron	Serving Serving Serving Serving Serving O and Diglyo e, Water, C esserve frest Sorbitol, Lete, Salt, Cel S ALL BERRIE , Yellow 5, N	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH- nness), Thiamir ss than 2% of: lulose Gum, Po S: Corn Flour, Niacinamide, T	vative), Alum, I Cals (kcal) 1130 740 590 ium Phosphate I: Corn Flour, Sone Mononitrate Fructose, Cellu olysorbate 60, Sugar, Oat Flo Ihiamin Monor	Polysorbate 80, N FatCals (kcal) 324 216 171 e, Cellulose Gum, ugar, Oat Flour, Ve, Pyridoxine Hydrulose Gel, Sodium DATEM, Mono-aur, Brown Sugar, Initrate, BHT (to pre	Fat (g) 36 24 19 Guar Gun 'egetable ochloride Caseinath and Diglyce Palm and/eserve fres	SatFat (g) 21 15 12 n, Oil (Palm, Riboflavin, e (A Milk erides, for Coconut hness),	7ransFat (g) 0 0 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn S Derivative), Lactic Acid, Corn Starch, Sorbitan Monostearate, Soy Lecithin, Disodii Polysorbate 80, Sodium Alginate, Natural and Artificial Flavors. Propellant: Nitrous Oil, Salt, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Red 40, Blue 1, R Pyridoxine Hydrochloride, Riboflavin, Folic Acid, MARASCHINO CHERRIES: Cherries	Quantity 1 1 1 Whey, Monchin A Palmitativ 6, BHT (to property Sugar, ium Phospha Coxide, OOPsteduced Irons, High Fructo	Serving Serving Serving Serving Serving Of and Diglyore, Water, Coreserve frest Sorbitol, Leter, Salt, Celes, Salt, Celes, Yellow 5, Nose Corn Syr	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH- nness), Thiamir ss than 2% of: Iulose Gum, Pr SS: Corn Flour, Viacinamide, T	vative), Alum, I Cals (kcal) 1130 740 590 ium Phosphate H: Corn Flour, Sine Mononitrate Fructose, Cellu olysorbate 60, Sugar, Oat Flo Thiamin Monor tric Acid, Sodiu	Polysorbate 80, N FatCals (kcal) 324 216 171 e, Cellulose Gum, ugar, Oat Flour, Ve, e, Pyridoxine Hydr ulose Gel, Sodium DATEM, Mono- a ur, Brown Sugar, I hitrate, BHT (to pre m Benzoate and	Fat (g) 36 24 19 Guar Gun 'egetable ochloride Caseinath and Diglyce Palm and/eserve fres	SatFat (g) 21 15 12 n, Oil (Palm, Riboflavin, e (A Milk erides, for Coconut hness),	7ransFat (g) 0 0 0	130	1050	178	0	144	28
Flavor, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calciu Extract (Color). SWEETS & TREATS Cap'n Crunch Cereal Milk Shake Large (32oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Medium (20oz) Contains: Milk, Soy. Cap'n Crunch Cereal Milk Shake Small (16oz) Contains: Milk, Soy. SOFT SERVE: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Contains less than 1% of: Polysorbate 65, Polysorbate 80, Carrageenan, Natural and Artificial Flavor, Vitami and/or Coconut Oil), Salt, Molasses, Reduced Iron, Yellow 5, Niacinamide, Yellow Folic Acid, NON-DAIRY WHIPPED TOPPING: Water, Hydrogenated Palm Oil, Corn S Derivative), Lactic Acid, Corn Starch, Sorbitan Monostearate, Soy Lecithin, Disodii Polysorbate 80, Sodium Alginate, Natural and Artificial Flavors. Propellant: Nitrous Oil, Salt, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Red 40, Blue 1, R	Quantity 1 1 1 Whey, Monchin A Palmitativ 6, BHT (to property Sugar, ium Phospha Coxide, OOPsteduced Irons, High Fructo	Serving Serving Serving Serving Serving Of and Diglyore, Water, Coreserve frest Sorbitol, Leter, Salt, Celes, Salt, Celes, Yellow 5, Nose Corn Syr	Gram Weight 764 496 383 cerides, Disodi AP'N CRUNCH- nness), Thiamir ss than 2% of: Iulose Gum, Pr SS: Corn Flour, Viacinamide, T	vative), Alum, I Cals (kcal) 1130 740 590 ium Phosphate H: Corn Flour, Sine Mononitrate Fructose, Cellu olysorbate 60, Sugar, Oat Flo Thiamin Monor tric Acid, Sodiu	Polysorbate 80, N FatCals (kcal) 324 216 171 e, Cellulose Gum, ugar, Oat Flour, Ve, e, Pyridoxine Hydr ulose Gel, Sodium DATEM, Mono- a ur, Brown Sugar, I hitrate, BHT (to pre m Benzoate and	Fat (g) 36 24 19 Guar Gun 'egetable ochloride Caseinath and Diglyce Palm and/eserve fres	SatFat (g) 21 15 12 n, Oil (Palm, Riboflavin, e (A Milk erides, for Coconut hness),	7ransFat (g) 0 0 0	130	1050	178	0	144	28