



# NUTRITION GUIDE

Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Value **	Saturated Fat (gms)	% Daily Value **	Trans Fat (g)***	Cholesterol (mgs)	% Daily Value **	Sodium (mgs)	% Daily Value **	Carbohydrates (gms)	% Daily Value **	Dietary Fiber (gms)	% Daily Value **	Sugars (gms)	Protein (gms)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
<b>Salads &amp; More</b>																						
Roasted Caesar Salad without Dressing & Croutons	301	220	80	9	14	4.5	23	0.5	75	25	850	35	6	2	3	11	4	29	45	35	25	10
Crispy Caesar Salad without Dressing & Croutons	315	370	170	19	30	7	33	3.5	65	22	1110	46	20	7	9	14	3	29	45	30	30	10
Caesar Side Salad without Dressing & Croutons	76	50	30	3	5	2	9	0	10	3	135	6	2	1	1	4	1	4	15	10	10	2
Roasted BLT Salad without Dressing	347	210	60	7	11	2.5	12	0.25	70	24	900	38	8	3	4	14	6	28	45	50	6	15
Crispy BLT Salad without Dressing	360	350	160	17	27	4.5	22	3	60	21	1170	49	21	7	4	17	5	27	45	50	8	15
House Side Salad without Dressing	83	15	0	0	0	0	0	0	0	0	5	0	2	1	1	5	1	1	15	15	0	2
Tender Roast® Filet Meal*	321	360	60	7	10	2	9	0.5	85	28	2010	84	41	14	4	17	4	33	20	6	6	15
Hidden Valley® The Original Ranch® Dressing (1)	57	200	180	20	31	3	15	0.25	25	8	470	19	3	1	0	0	1	1	0	0	2	0
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	35	0	0	0	0	0	0	0	0	410	17	8	3	0	0	2	1	0	0	2	0
Hidden Valley® Golden Italian Light Dressing (1)	43	45	25	4	0	0	0	0	0	0	660	28	6	2	0	0	5	0	0	0	0	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	260	230	26	40	5	25	0.25	15	5	530	22	5	2	0	0	3	2	0	0	2	0
KFC® Parmesan Garlic Croutons Pouch (1)	14	70	25	3	5	0	2	0.5	0	0	160	7	9	3	0	0	0	1	0	0	0	2
<b>Sandwiches</b>																						
KFC® Snacker	119	320	150	16	25	3	15	1.5	25	9	700	29	31	10	2	7	5	14	4	4	6	15
Honey BBQ KFC® Snacker	101	220	35	3.5	6	1	4	0	35	12	490	20	32	11	2	6	10	15	4	0	4	10
Honey BBQ Sandwich	147	300	50	6	9	1.5	8	0.5	55	19	920	38	41	14	1	4	19	22	6	0	6	20
Triple Crunch Sandwich	262	650	53	34	53	7	35	4.5	75	25	1640	68	49	16	3	12	4	36	8	15	10	20
Double Crunch Sandwich	213	530	28	28	43	6	28	3	55	18	1240	52	42	14	3	11	4	27	6	10	8	15
Crispy Twister®	252	670	340	38	58	7	35	4	60	20	1650	69	55	18	3	12	7	27	10	25	15	15
Oven Roasted Twister®	269	510	210	23	36	4	20	0.25	70	23	1400	58	46	15	4	17	10	29	15	35	20	10
Tender Roast® Sandwich	196	390	170	19	29	4	20	0.5	70	23	810	34	24	8	1	4	0	31	0	0	4	10
Tender Roast® Sandwich without Sauce	177	260	45	5	8	1.5	8	0.5	65	22	690	29	23	8	1	4	0	31	0	0	4	10
<b>Chicken</b>																						
OR Chicken- Whole Wing	47	150	80	9	14	2.5	13	1	60	20	370	15	5	2	0	0	0	11	0	0	0	2
OR Chicken- Breast	161	380	170	19	29	6	30	2.5	145	48	1150	48	11	4	0	0	0	40	0	0	0	6
OR Chicken-Breast without skin or breading	108	140	25	3	5	1	5	0.25	95	32	410	17	0	0	0	0	0	29	0	0	0	4
OR Chicken- Drumstick	59	140	70	8	12	2	10	1	75	25	440	18	4	1	0	0	0	14	0	0	0	4
OR Chicken- Thigh	126	360	230	25	38	7	35	1.5	165	55	1060	44	12	4	0	0	0	22	0	0	0	6
EC Chicken- Whole Wing	52	190	110	12	18	4	20	2	55	18	390	16	10	3	0	0	0	10	0	0	0	2
EC Chicken- Breast	162	460	250	28	43	8	40	4.5	135	45	1230	51	19	6	0	0	0	34	0	0	0	8
EC Chicken- Drumstick	60	160	90	10	15	2.5	13	1.5	70	23	420	18	5	2	0	0	0	12	0	0	0	4
EC Chicken- Thigh	114	370	230	26	40	7	35	3	120	40	710	30	12	4	0	0	0	21	0	0	0	6
<b>Strips</b>																						
Crispy Strips (3)	151	400	220	24	37	5	25	4.5	75	25	1250	52	17	6	0	0	0	29	0	6	0	10
Crispy Strips (2)	102	270	150	16	25	3.5	18	3	50	17	850	35	11	4	0	0	0	19	0	4	0	8
<b>Popcorn Chicken</b>																						
Popcorn Chicken-Kids	74	240	120	14	21	3	16	3	40	13	770	32	15	5	0	1	0	15	0	0	2	6
Popcorn Chicken-Individual	114	380	190	21	32	5	25	4.5	60	21	1200	50	23	8	0	2	0	24	2	0	4	10
Popcorn Chicken-Large	170	560	280	31	48	7	37	7	90	31	1790	74	34	11	1	2	0	36	4	0	4	15
Popcorn Chicken-Family	369	1210	610	68	104	16	79	14	200	67	3870	161	73	24	1	5	0	77	6	4	10	30
<b>Pot Pie</b>																						
Chicken Pot Pie	423	770	360	40	62	15	75	14	115	38	1680	70	70	23	5	20	2	33	200	0	0	20
<b>Wings</b>																						
HBBQ Wings Sauced (6)	157	540	300	33	51	7	35	4.5	150	50	1130	47	36	12	1	4	15	25	15	8	6	15
Boneless HBBQ Wings (6)	213	510	220	24	38	4.5	23	4.5	65	22	1670	70	42	14	1	5	6	30	0	0	4	8
Boneless Blazin' Buffalo Wings (6)	211	520	220	25	38	4.5	23	4.5	35	22	2520	105	44	15	1	5	1	30	4	0	4	8
Hot Wings™ (6)	134	450	260	29	45	6	30	4	145	48	1120	47	23	8	1	4	1	24	6	6	8	10
<b>Breads</b>																						
Biscuit	57	190	90	10	16	2	10	3.5	1.5	1	580	24	23	8	0	0	1	2	0	0	0	4
<b>Sides (Individual)</b>																						
Green Beans	96	50	15	1.5	2	0	1	0	5	2	570	24	7	2	2	8	2	2	10	0	0	4
Seasoned Rice	99	150	10	1	2	0	1	0	0	0	640	27	32	11	2	9	1	4	10	0	4	6
Mashed Potatoes without Gravy	108	110	35	4	6	1	5	0.5	0	0	260	11	16	5	1	4	0	2	2	4	0	2
Mashed Potatoes with Gravy	136	120	40	4.5	7	1	5	0.5	0	0	380	16	18	6	1	4	<1	2	2	4	0	2
Macaroni and Cheese	136	400	160	18	27	5	24	2.5	15	5	1920	80	45	15	4	16	3	15	20	15	20	8
Potato Wedges	102	240	110	12	18	3	15	4	0	0	830	35	30	10	3	12	0	4	0	6	2	10
Corn on the Cob (3")	82	70	15	1.5	2	0.5	3	0	0	0	5	0	13	4	3	12	5	2	0	6	4	4
Corn on the Cob (5.5")	162	150	25	3	5	1	5	0	0	0	10	0	26	9	7	28	10	5	0	10	6	6
Baked Beans	136	230	10	1	2	1	5	0.25	0	0	720	30	46	15	7	28	22	8	8	6	15	30
Potato Salad	128	180	80	9	14	1.5	8	0.25	5	2	470	20	22	7	1	4	5	2	0	10	0	2
Cole Slaw	130	190	100	11	17	2	10	0.25	5	2	300	13	22	7	3	12	13	1	25	40	4	0
Baked! Cheetos®	25	120	40	4.5	7	1	4	0	0	0	210	9	17	6	0	0	1	2	8	0	0	4
<b>Desserts</b>																						
Quaker Chewy® S'mores Granola Bar	28	110	20	2	3	0.5	3	0	0	0	70	3	22	7	1	4	10	1	0	0	0	2
Apple Pie Mini's (3)	114	400	200	22	35	5	27	7	0	0	250	10	46	15	2	6	20	3	45	0	0	10
Double Choc. Chip Cake	76	400	260	29	45	5	25	0.5	45	15	230	10	31	10	2	8	27	4	0	0	4	8
Lil' Bucket™ Fudge Brownie	99	270	80	9	14	4	20	0.5	30	10	170	7	44	15	1	4	39	2	0	0	4	4
Lil' Bucket™ Lemon Crème	127	400	130	14	22	7	35	1.5	5	2	210	9	65	22	2	8	51	4	2	0	20	0
Lil' Bucket™ Chocolate Cream	113	270	120	13	20	8	40	0.5	0	0	180	8	37	12	2	8	28	2	2	0	2	6
Lil' Bucket™ Strawberry Short Cake	99	200	50	6	9	4	20	0	20	7	110	5	34	11	0	0	34	2	0	0	2	0
Pecan Pie Slice	113	480	190	21	33	4.5																