



# U.S. NUTRITION INFORMATION

Note: Your totals may differ slightly from those listed. Wendy's calculations follow the federal regulations regarding the rounding of the nutritional data.

|   | Serving Size | Weight (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|--------------|------------|----------|-------------------|---------------|-------------------|----------------------|------------------|-------------|-------------------------|-------------------|------------|-------------|
| <b>Mandarin Chicken® Salad</b><br>Iceberg, Romaine, Spring Salad Mix, Mandarin Oranges, Diced Chicken   | 1 ea.        | 348        | 170      | 15                | 2             | 0.5               | 0                    | 60               | 480         | 17                      | 4                 | 11         | 23          |
| Crispy Noodles  | 1 pkt.       | 14         | 60       | 20                | 2             | 0                 | 0.5                  | 0                | 170         | 10                      | 0                 | 1          | 1           |
| Roasted Almonds   | 1 pkt.       | 21         | 130      | 100               | 11            | 1                 | 0                    | 0                | 70          | 4                       | 2                 | 1          | 5           |
| Oriental Sesame Dressing  | 1 pkt.       | 64         | 250      | 170               | 19            | 2.5               | 0                    | 0                | 560         | 19                      | 0                 | 18         | 1           |
| <b>Spring Mix Salad</b><br>Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese   | 1 ea.        | 313        | 180      | 100               | 11            | 6                 | 0                    | 30               | 220         | 11                      | 5                 | 5          | 11          |
| Honey Roasted Pecans  | 1 pkt.       | 20         | 130      | 120               | 13            | 2                 | 0                    | 0                | 65          | 5                       | 2                 | 3          | 2           |
| House Vinaigrette Dressing  | 1 pkt.       | 64         | 190      | 160               | 18            | 2.5               | 0                    | 0                | 750         | 8                       | 0                 | 7          | 0           |
| <b>Chicken BLT Salad</b><br>Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken                                  | 1 ea.        | 374        | 330      | 160               | 18            | 9                 | 0                    | 105              | 840         | 10                      | 4                 | 4          | 35          |
| Homestyle Garlic Croutons   | 1 pkt.       | 14         | 70       | 25                | 3             | 0                 | 0                    | 125              | 9           | 0                       | 0                 | 0          | 2           |
| Honey Mustard Dressing  | 1 pkt.       | 64         | 280      | 230               | 26            | 4                 | 0                    | 25               | 350         | 11                      | 0                 | 10         | 1           |
| <b>Taco Supremo Salad</b><br>Iceberg, Romaine, Tomatoes, Red Onions, Cheddar Cheese, Wendy's Chili  | 1 ea.        | 494        | 380      | 150               | 17            | 9                 | 0.5                  | 65               | 1000        | 31                      | 9                 | 9          | 27          |
| Salsa   | 1 ea.        | 85         | 30       | 0                 | 0             | 0                 | 0                    | 440              | 6           | 0                       | 4                 | 1          | 1           |
| Sour Cream  | 1 pkt.       | 28         | 60       | 45                | 5             | 3.5               | 0                    | 20               | 20          | 2                       | 0                 | 1          | 1           |
| Taco Chips  | 1 bag        | 43         | 210      | 80                | 9             | 1.5               | 2.5                  | 0                | 240         | 29                      | 2                 | 0          | 3           |
| <b>Homestyle Chicken Strips Salad</b><br>Iceberg, Romaine, Spring Salad Mix, Cucumbers, Grape Tomatoes, Red Onions, Carrots, Cheddar Cheese, 2 Homestyle Chicken Strips | 1 ea.        | 417        | 440      | 200               | 22            | 8                 | 2.5                  | 70               | 1180        | 33                      | 5                 | 6          | 29          |
| Creamy Ranch Dressing   | 1 pkt.       | 64         | 230      | 210               | 23            | 4                 | 0                    | 15               | 580         | 5                       | 0                 | 3          | 1           |
| <b>Lighter Salad Dressings</b>  |              |            |          |                   |               |                   |                      |                  |             |                         |                   |            |             |
| Fat Free French Style   | 1 pkt.       | 64         | 80       | 0                 | 0             | 0                 | 0                    | 210              | 19          | 0                       | 16                | 0          | 0           |
| Reduced Fat Creamy Ranch  | 1 pkt.       | 64         | 100      | 70                | 8             | 1.5               | 0                    | 15               | 550         | 6                       | 1                 | 3          | 1           |
| Low Fat Honey Mustard   | 1 pkt.       | 64         | 110      | 25                | 3             | 0                 | 0                    | 340              | 21          | 0                       | 16                | 0          | 0           |
| <b>Fresh Fruit Bowl</b><br>Pineapple, Cantaloupe, Honeydew, Red Grapes, Romaine   | 1 ea.        | 297        | 130      | 0                 | 0             | 0                 | 0                    | 35               | 33          | 3                       | 28                | 2          | 2           |
| Low Fat Strawberry Flavored Yogurt  | 1 ea.        | 85         | 90       | 5                 | 1             | 0                 | 0                    | 5                | 50          | 16                      | 0                 | 7          | 4           |

\* Toppings and Salad Dressings listed separately.

## Beverages and Frosty™

Refreshments for Everyone's Thirst

|   |       |     |     |     |     |     |   |    |     |    |   |    |    |
|---|-------|-----|-----|-----|-----|-----|---|----|-----|----|---|----|----|
| Coffee                                      | 1 ea. | 170 | 0   | 0   | 0   | 0   | 0 | 0  | 0   | 1  | 0 | 1  | 0  |
| Tea   | 1 ea. | 170 | 0   | 0   | 0   | 0   | 0 | 0  | 0   | 0  | 0 | 0  | 0  |
| Milk, 2% Reduced Fat Milk                   | 1 ea. | 227 | 120 | 40  | 4.5 | 3   | 0 | 20 | 135 | 13 | 0 | 12 | 8  |
| Milk, 1% Low Fat Chocolate                  | 1 ea. | 227 | 170 | 20  | 2.5 | 1.5 | 0 | 15 | 200 | 28 | 0 | 26 | 8  |
| Diet Cola Soft Drink, Medium (20 oz. cup)*  | 1 ea. | 312 | 0   | 0   | 0   | 0   | 0 | 0  | 10† | 0  | 0 | 0  | 0  |
| Lemon-Lime Soft Drink, Medium (20 oz. cup)* | 1 ea. | 312 | 120 | 0   | 0   | 0   | 0 | 0  | 30† | 31 | 0 | 31 | 0  |
| Cola Soft Drink, Medium (20 oz. cup)*       | 1 ea. | 312 | 120 | 0   | 0   | 0   | 0 | 0  | 0†  | 34 | 0 | 34 | 0  |
| <b>Frosty</b>                               |       |     |     |     |     |     |   |    |     |    |   |    |    |
| Junior, 6 oz. cup                           | 1 ea. | 113 | 160 | 35  | 4   | 2.5 | 0 | 15 | 75  | 28 | 0 | 21 | 4  |
| Small, 12 oz. cup                           | 1 ea. | 227 | 330 | 70  | 8   | 5   | 0 | 35 | 150 | 56 | 0 | 42 | 8  |
| Medium, 16 oz. cup                          | 1 ea. | 298 | 430 | 100 | 11  | 7   | 0 | 45 | 200 | 74 | 0 | 55 | 10 |

\*To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Small (16 oz.) soft drink, multiply by 0.8; Biggie (32 oz.) soft drink, multiply by 1.6. †The sodium value will vary based on the level of sodium in your city's water supply.

This nutrition information is current as of April 1, 2005.

## Side Selections

Numerous Options to Serve Yourself a Balanced Meal

|   | Serving Size  | Weight (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |    |
|---|---|------------|----------|-------------------|---------------|-------------------|----------------------|------------------|-------------|-------------------------|-------------------|------------|-------------|----|
| <b>SALADS</b>   | <b>Side Salad</b><br>Iceberg, Romaine, Cucumbers, Grape Tomatoes, Red Onions, Carrots | 1 ea.      | 166      | 35                | 0             | 0                 | 0                    | 0                | 20          | 7                       | 3                 | 4          | 2           |    |
|   | <b>Caesar Side Salad</b><br>Romaine, Parmesan Cheese, Bacon Pieces                    | 1 ea.      | 99       | 70                | 40            | 4.5               | 2                    | 0                | 15          | 3                       | 2                 | 1          | 6           |    |
|   | <b>Homestyle Garlic Croutons</b>  | 1 pkt.     | 14       | 70                | 25            | 3                 | 0                    | 0                | 125         | 9                       | 0                 | 0          | 2           |    |
|   | <b>Caesar Dressing</b>  | 1 pkt.     | 28       | 150               | 150           | 16                | 2.5                  | 0                | 20          | 240                     | 1                 | 0          | 0           | 1  |
|   | <b>Mandarin Orange Cup</b>  | 5 oz.      | 142      | 80                | 0             | 0                 | 0                    | 0                | 0           | 15                      | 20                | 1          | 17          | 1  |
| <b>Fresh Fruit Cup</b><br>Pineapple, Cantaloupe, Honeydew, Red Grapes | 1 ea.   | 168        | 80       | 0                 | 0             | 0                 | 0                    | 0                | 20          | 20                      | 2                 | 17         | 1           |    |
| <b>BAKED POTATOES</b>   | <b>Plain</b>  | 10 oz.*    | 283      | 270               | 0             | 0                 | 0                    | 0                | 25          | 61                      | 7                 | 3          | 7           |    |
|   | <b>Sour Cream &amp; Chives</b><br>Potato, Sour Cream, Chives                          | 1 ea.      | 311      | 340               | 60            | 6                 | 3.5                  | 0                | 10          | 40                      | 62                | 7          | 3           | 8  |
|   | <b>Broccoli &amp; Cheese</b><br>Potato, Broccoli, Cheese Sauce, Margarine             | 1 ea.      | 411      | 440               | 130           | 15                | 3                    | 0                | 10          | 540                     | 69                | 9          | 6           | 10 |
|   | <b>Bacon &amp; Cheese</b><br>Potato, Cheese Sauce, Bacon Pieces, Margarine            | 1 ea.      | 380      | 560               | 220           | 25                | 7                    | 0                | 40          | 850                     | 69                | 8          | 6           | 16 |
|   | <b>Country Crock® Spread</b>  | 1 pkt.     | 14       | 60                | 60            | 7                 | 1.5                  | 0.5              | 0           | 115                     | 0                 | 0          | 0           | 0  |
| <b>CHILI</b>  | <b>Small</b>  | 8 oz.      | 227      | 220               | 60            | 6                 | 2.5                  | 0                | 35          | 780                     | 23                | 5          | 6           | 17 |
|   | <b>Large</b>  | 12 oz.     | 340      | 330               | 80            | 9                 | 3.5                  | 0.5              | 55          | 1170                    | 35                | 8          | 9           | 25 |
|   | <b>Hot Chili Seasoning</b>  | 1 pkt.     | 7        | 5                 | 0             | 0                 | 0                    | 0                | 0           | 270                     | 2                 | 0          | 1           | 0  |
|   | <b>Saltine Crackers</b>   | 2 ea.      | 6        | 25                | 5             | 0.5               | 0                    | 0                | 0           | 70                      | 5                 | 0          | 0           | 1  |
|   | <b>Cheddar Cheese, shredded</b>   | 2 T.       | 17       | 70                | 50            | 6                 | 3.5                  | 0                | 15          | 110                     | 1                 | 0          | 0           | 4  |
| <b>FRENCH FRIES</b>   | <b>Kids' Meal</b>   | 3.2 oz.    | 91       | 280               | 120           | 14                | 2.5                  | 3.5              | 0           | 270                     | 37                | 3          | 0           | 3  |
|   | <b>Medium</b>   | 5.0 oz.    | 142      | 440               | 190           | 21                | 3.5                  | 5                | 0           | 430                     | 58                | 5          | 0           | 5  |
|   | <b>Biggie®</b>  | 5.6 oz.    | 159      | 490               | 210           | 24                | 4                    | 6                | 0           | 480                     | 65                | 6          | 0           | 5  |
|   | <b>Great Biggie®</b>  | 6.7 oz.    | 190      | 590               | 260           | 29                | 5                    | 7                | 0           | 570                     | 77                | 7          | 0           | 6  |

\* Average weight.

## Homestyle Chicken Strips & Crispy Chicken Nuggets

Crispy All-White Breast Meat for High Flavor Dipping

|                |                                       |        |     |     |     |    |     |     |    |      |    |   |   |    |
|----------------|---------------------------------------|--------|-----|-----|-----|----|-----|-----|----|------|----|---|---|----|
| <b>STRIPS</b>  | <b>Homestyle Chicken Strips</b>       | 3 ea.  | 159 | 410 | 160 | 18 | 3.5 | 3   | 60 | 1470 | 33 | 0 | 0 | 28 |
|                | <b>Deli Honey Mustard Sauce</b>       | 1 pkt. | 35  | 170 | 140 | 16 | 2.5 | 0   | 15 | 210  | 6  | 0 | 4 | 1  |
|                | <b>Spicy Southwest Chipotle Sauce</b> | 1 pkt. | 35  | 140 | 120 | 13 | 2   | 0   | 20 | 170  | 4  | 0 | 1 | 0  |
|                | <b>Heartland Ranch Sauce</b>          | 1 pkt. | 35  | 200 | 190 | 21 | 3.5 | 0   | 20 | 280  | 1  | 0 | 1 | 0  |
| <b>NUGGETS</b> | <b>4 Piece Kids' Meal</b>             | 4 pc.  | 60  | 180 | 100 | 11 | 2.5 | 1.5 | 25 | 390  | 10 | 0 | 1 | 8  |
|                | <b>5 Piece</b>                        | 5 pc.  | 75  | 220 | 130 | 14 | 3   | 1.5 | 35 | 490  | 13 | 0 | 1 | 10 |
|                | <b>Barbecue Sauce</b>                 | 1 pkt. | 28  | 40  | 0   | 0  | 0   | 0   | 0  | 160  | 11 | 0 | 5 | 1  |
|                | <b>Sweet &amp; Sour Sauce</b>         | 1 pkt. | 28  | 45  | 0   | 0  | 0   | 0   | 0  | 120  | 12 | 0 | 7 | 0  |
|                | <b>Honey Mustard Nugget Sauce</b>     | 1 pkt. | 28  | 130 | 100 | 12 | 2   | 0   | 10 | 220  | 6  | 0 | 5 | 0  |

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This nutrition information is current as of April 1, 2005.

## Sandwiches

100% Ground Beef and Whole-Breast Chicken Fillets Taste Great

|                             | Serving Size   | Weight (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (g) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |    |
|-----------------------------|--|------------|----------|-------------------|---------------|-------------------|----------------------|-----------------|-------------|-------------------------|-------------------|------------|-------------|----|
| <b>HAMBURGERS</b>           | <b>Jr. Hamburger</b><br>2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun  | 1 ea.      | 117      | 280               | 80            | 9                 | 3.5                  | 0.5             | 30          | 600                     | 34                | 1          | 7           | 15 |
|                             | <b>Jr. Cheeseburger</b><br>2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun                                      | 1 ea.      | 129      | 320               | 110           | 13                | 6                    | 0.5             | 40          | 810                     | 34                | 1          | 7           | 17 |
|                             | <b>Jr. Cheeseburger Deluxe™</b><br>2 oz.* Patty, American Cheese Jr. Slice, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun | 1 ea.      | 179      | 360               | 140           | 16                | 6                    | 0.5             | 45          | 880                     | 37                | 2          | 8           | 18 |
|                             | <b>Jr. Bacon Cheeseburger</b><br>2 oz.* Patty, American Cheese Jr. Slice, Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun                                   | 1 ea.      | 165      | 380               | 170           | 18                | 7                    | 0.5             | 55          | 810                     | 34                | 2          | 6           | 20 |
|                             | <b>Hamburger, Kids' Meal</b><br>2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun   | 1 ea.      | 110      | 270               | 80            | 9                 | 3.5                  | 0.5             | 30          | 600                     | 33                | 1          | 6           | 15 |
|                             | <b>Cheeseburger, Kids' Meal</b><br>2 oz.* Patty, American Cheese Jr. Slice, Ketchup, Mustard, Dill Pickles, Sandwich Bun                                     | 1 ea.      | 122      | 320               | 110           | 13                | 6                    | 0.5             | 40          | 810                     | 34                | 1          | 7           | 17 |
|                             | <b>Classic Single® w/ Everything</b><br>1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun                     | 1 ea.      | 218      | 430               | 180           | 20                | 7                    | 1               | 65          | 890                     | 37                | 2          | 8           | 25 |
|                             | <b>Big Bacon Classic®</b><br>1/4 lb.* Patty, American Cheese Slice, Bacon, Mayonnaise, Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Roll            | 1 ea.      | 282      | 580               | 260           | 29                | 12                   | 1.5             | 95          | 1390                    | 46                | 3          | 11          | 35 |
| <b>CHICKEN TEMPTATIONS™</b> | <b>Ultimate Chicken Grill Sandwich</b><br>Ultimate Chicken Grill Fillet, Sweet & Savory Sauce, Tomato, Romaine, Kaiser Roll                                  | 1 ea.      | 225      | 360               | 60            | 7                 | 1.5                  | 0               | 75          | 1090                    | 44                | 2          | 10          | 31 |
|                             | <b>Spicy Chicken Fillet Sandwich</b><br>Spicy Chicken Fillet, Mayonnaise, Tomato, Romaine, Kaiser Roll   | 1 ea.      | 225      | 510               | 170           | 19                | 3.5                  | 1.5             | 55          | 1480                    | 57                | 2          | 8           | 29 |
|                             | <b>Homestyle Chicken Fillet Sandwich</b><br>Homestyle Chicken Fillet, Creamy Tangy Sauce, Red Onion, Tomato, Romaine, Kaiser Roll                            | 1 ea.      | 230      | 540               | 190           | 22                | 4                    | 1.5             | 55          | 1320                    | 57                | 2          | 8           | 29 |

## Sandwich Components

Everything Can Be Made to Order for Your Taste

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

|                               |          |     |     |     |     |     |     |    |      |    |   |   |    |
|-------------------------------|----------|-----|-----|-----|-----|-----|-----|----|------|----|---|---|----|
| 2 oz.* Hamburger Patty        | 2 oz.*   | 37  | 100 | 60  | 7   | 3   | 0.5 | 30 | 130  | 0  | 0 | 0 | 10 |
| 1/4 lb.* Hamburger Patty      | 1/4 lb.* | 74  | 210 | 130 | 14  | 6   | 1   | 60 | 260  | 0  | 0 | 0 | 19 |
| Ultimate Chicken Grill Fillet | 1 pc.    | 105 | 120 | 20  | 2.5 | 0.5 | 0   | 70 | 630  | 2  | 0 | 1 | 23 |
| Spicy Chicken Fillet          | 1 pc.    | 108 | 260 | 110 | 12  | 2.5 | 1.5 | 50 | 1050 | 16 | 0 | 0 | 22 |
| Homestyle Chicken Fillet      | 1 pc.    | 105 | 260 | 110 | 12  | 2.5 | 1.5 | 50 | 880  | 17 | 0 | 0 | 21 |
| Sandwich Bun                  | 1 ea.    | 58  | 160 | 15  | 2   | 0   | 0   | 0  | 290  | 31 | 1 | 5 | 5  |
| Kaiser Roll                   | 1 ea.    | 71  | 200 | 20  | 2.5 | 0   | 0   | 0  | 350  | 38 | 2 | 6 | 7  |
| American Cheese, Jr.          | 1 slice  | 12  | 45  | 30  | 3.5 | 2.5 | 0   | 10 | 220  | 0  | 0 | 0 | 2  |
| American Cheese               | 1 slice  | 18  | 70  | 50  | 5   | 3.5 | 0   | 15 | 320  | 1  | 0 | 0 | 3  |
| Bacon                         | 1 strip  | 4   | 20  | 10  | 1.5 | 0.5 | 0   | 5  | 55   | 0  | 0 | 0 | 1  |
| Mayonnaise                    | 1.5 tsp. | 9   | 30  | 30  | 3   | 0.5 | 0   | 5  | 60   | 1  | 0 | 0 | 0  |
| Sweet & Savory Sauce          | 1/2 oz.  | 14  | 35  | 20  | 2   | 0   | 0   | 10 | 105  | 3  | 0 | 2 | 0  |
| Creamy Tangy Sauce            | 1/2 oz.  | 14  | 70  | 60  | 7   | 1   | 0   | 5  | 80   | 1  | 0 | 0 | 0  |

\* Approximate weight before cooking.

Tally up your whole meal with our meal calculator at [wendys.com](http://wendys.com) or [wendysenespanol.com](http://wendysenespanol.com)

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**AMERICAN CHEESE:** Cultured Milk, Water, Cream, Sodium Citrate (emulsifier), Salt, Sodium Phosphate (emulsifier), Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Lecithin.

**BACON PIECES:** Pork cured with: Water, Salt, Sodium Phosphates (stabilizers), Sodium Nitrite (color enhancer), Smoke Flavoring. May Contain Sugar, Sodium Erythorbate (color enhancer), Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

**BACON STRIPS:** Pork cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates (stabilizer), Sodium Erythorbate and Sodium Nitrite (color enhancers).

**BUNS, KAISER AND SANDWICH:** Enriched and Bleached Flour (Wheat Flour, Thiamine Mononitrate, Riboflavin, Niacin, Iron, Folic Acid), Water, High Fructose Corn Syrup, Soybean Oil, Yeast, Salt, Vital Wheat Gluten, Contains less than 2% of each of the following: Sodium Stearoyl Lactylate and Calcium Stearoyl-2-Lactylate (dough conditioners), Turmeric and Paprika (color), Calcium Silicate, Yellow Corn Meal (Kaiser Bun only), Calcium Propionate (preservative), Distilled Monoglycerides, Soy Flour, Ascorbic Acid, Azodicarbonamide and DATEM (dough conditioners).

**CHEDDAR CHEESE, SHREDDED:** Cultured Pasteurized Milk, Salt, Enzymes, Potato Starch and Powdered Cellulose (anti-caking agents), Natamycin (mold inhibitor).

**CHEESE SAUCE:** Cheddar Cheese Solids (Cheddar Cheese [Milk, Salt, Cheese Cultures, Enzymes], Whey Partially Hydrogenated Soybean Oil, Maltodextrin, Reduced Lactose Whey, Buttermilk, Salt, Disodium Phosphate, Blue Cheese [Milk, Salt, Cheese Cultures, Enzymes], Nonfat Milk, Citric Acid [flavor enhancer], Yellow #5 and #6), Modified Tapioca Starch, Partially Hydrogenated Soybean Oil, Corn Syrup, Nonfat Milk, Salt, Tricalcium Phosphate, Sodium Caseinate, Citric Acid, Butter, Mono and Diglycerides (emulsifiers), Sodium Citrate (anti-oxidant), Dipotassium Phosphate (emulsifier), Whey, Guar Gum (thickener), Autolyzed Yeast Extract, Disodium Inosinate (flavor enhancer), Carrageenan (binding agent).

**CHILI:** Ground Beef, Chili Base (Tomatoes, Salt, Citric Acid, Calcium Chloride), Chili Seasonings (Maltodextrin, Tomato, Salt, Corn Starch Modified, Chili Pepper, Sugar, Onion, Spices, Dextrose, Garlic, Soybean Oil, Xanthan Gum [thickener], Autolyzed Yeast Extract, Citric Acid, Disodium Inosinate and Guanylate [flavor enhancers], Paprika, Artificial Flavor, and Silicon Dioxide [anti-caking agent]), Kidney Beans (Kidney Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion, Calcium Chloride [firming agent], Disodium EDTA [preservative]), Chili Beans (Beans, Water, Sugar, Corn Syrup, Salt, Natural Flavorings, Onion, Calcium Chloride), Vegetable Mix (Onions, Celery, Peppers).

**COLA SOFT DRINK:** High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

**CREAMY TANGY SAUCE:** Soybean Oil, Dijon Mustard (Water Mustard Seed, Distilled Vinegar, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Water, Eggs, Onion, High Fructose Corn Syrup, Lemon Juice, Vinegar (Cider and Distilled), Lemon Juice Concentrate, Corn Starch Modified, Salt, Xanthan Gum (thickener), Natural Flavor, Mustard Flour, Potassium Sorbate and Sodium Benzoate (preservatives), Calcium Disodium EDTA (flavor protector), Caramel Color.

**CRISPY CHICKEN NUGGETS:** Chicken Breast with Rib Meat, Water, Corn Starch Modified, Sodium Phosphates (stabilizers), Salt, Whey Protein Concentrate. **Breaded with:** Wheat Flour, Water, Bleached Wheat Flour, Salt, Corn Starch Modified, Spices, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Yellow Corn Flour, Yeast, Garlic, Citric Acid, Natural and Artificial Flavor, Spice, Xanthan Gum (thickener). **Cooked in:** Partially Hydrogenated Corn and Soybean Oil. **Note:** Crispy Chicken Nuggets may be cooked in same oil as Fish Fillets (where offered).

**DICED CHICKEN:** Chicken Breast with Rib Meat, Water, Seasoning (Salt, Dextrose, Maltodextrin, Natural and Artificial Flavoring [Wheat Flour, Egg, Soybean]), Autolyzed Yeast Extract, Sugar, Fructose, Onion, Disodium Guanylate and Inosinate [flavor enhancers], Corn Starch Modified, Soy Protein Concentrate, Sodium Phosphates (stabilizers), Fructose.

**DIET COLA SOFT DRINK:** Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane (anti-foaming agent).

**DILL PICKLES:** Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride (flavor protector), Sodium Benzoate (preservative), Natural Flavors, Yellow #5, Blue #1.

**FRENCH FRIES:** Potatoes, Partially Hydrogenated Soybean Oil, Dextrose, and Disodium Dihydrogen Pyrophosphate (color protector). **Cooked in:** Partially Hydrogenated Corn and Soybean Oil. Seasoned with salt. **Note:** French Fries may be cooked in same oil as Crispy Chicken Nuggets, Homestyle Chicken Strips, and Fish Fillets (where offered).

**FROSTY:** Milk, Sugar, Cream, Corn Syrup Solids, Whey, Nonfat Milk Solids, Cocoa, Dextrose, Guar Gum, Cellulose Gum (thickener), Mono and Diglycerides (emulsifiers), Carrageenan, Calcium Sulfate, Disodium Phosphate (buffering agent), Vitamin A Palmitate, Artificial and Natural Flavors.

**HAMBURGER PATTY:** Ground Beef, Seasoned with Salt.

**HOMESTYLE CHICKEN FILLET:** Chicken Breast with Rib Meat, Water, Modified Potato Starch, Seasoning (Salt, Flavor, Maltodextrin, Corn Starch Modified, Citric Acid, Disodium Inosinate and Guanylate [flavor enhancers], Chicken Broth, Partially Hydrogenated Soybean/Cottonseed Oil, Soy Sauce [Wheat, Soybeans, Salt], Yeast Extract), Sodium Phosphate (emulsifier). **Breaded with:** Wheat Flour, Water, Bleached Wheat Flour, Salt, Corn Starch Modified, Spices, Wheat Gluten, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Egg White, Onion, Garlic, Fructose, Maltodextrin, Yeast, Chicken Broth, Natural and Artificial Flavor, Locust Gum, Lactic Acid, Xanthan Gum (thickener), Paprika. **Cooked in:** Partially Hydrogenated Soybean Oil. **Note:** Homestyle Chicken Fillets may be cooked in same oil as Fish Fillets (where offered).

**HOMESTYLE CHICKEN STRIPS:** Chicken Breast with Rib Meat, Water, Modified Potato Starch, Salt, Sodium Phosphate (emulsifier). **Breaded with:** Wheat Flour, Water, Rice Flour, Salt, Corn Starch Modified, Sugar, Spice, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Onion, Garlic, Chicken Broth, Autolyzed Yeast, Maltodextrin, Natural and Artificial Flavor, Paprika, Lactic Acid. **Cooked in:** Partially Hydrogenated Corn and Soybean Oil. **Note:** Homestyle Chicken Strips may be cooked in same oil as Fish Fillets (where offered).

**KETCHUP:** Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

**LEMON LIME SOFT DRINK:** High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural Flavors, Sodium Citrate (anti-oxidant), Sodium Benzoate (flavor protector), Dimethylpolysiloxane (anti-foaming agent).

**LOW FAT STRAWBERRY FLAVORED YOGURT:** Cultured Low Fat Milk, Sugar, Nonfat Milk, High Fructose Corn Syrup, Whey Protein Concentrate, Corn Starch Modified, Gelatin, Pectin, Natural Flavors, Red #40, Blue #1. Active cultures include Lactobacillus Acidophilus and Bifidobacterium sp.

**MANDARIN ORANGE SEGMENTS:** Mandarin Oranges, Water, Sugar.

**MARGARINE:** Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Whey, Soy Lecithin, Vegetable Mono and Diglycerides (emulsifiers), Sodium Benzoate (preservative), Artificial Flavor, Citric Acid, Vitamin A Palmitate, Beta Carotene (color).

**MAYONNAISE:** Water, Soybean Oil, Corn Syrup, Egg Yolk, Corn Starch Modified, Distilled Vinegar, Salt, Spice Xanthan Gum (thickener), Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector), Yellow #5 and #6.

**MUSTARD:** Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (color), Paprika, Spice.

**PARMESAN CHEESE, SHREDDED:** Part-Skim Milk, Cheese Cultures, Salt, Rennet.

**SPICY BREADED CHICKEN FILLET:** Chicken Breast with Rib Meat, Water, Seasoning (Salt, Spices, Sodium Phosphates, Corn Starch Modified, Paprika, Turmeric). **Breaded with:** Water, Wheat Flour, Salt, Corn Starch Modified, Gum Arabic, Yellow Corn Flour, Spices, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Paprika, Bleached Wheat Flour, Dextrose, Yeast, Wheat Gluten, Egg White. **Cooked in:** Partially Hydrogenated Soybean Oil. **Note:** Spicy Chicken Fillets may be cooked in same oil as Fish Fillets (where offered).

**SPRING MIX:** May contain the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lolla Rossa, Brunia, Red Bibb.

**SWEET AND SAVORY SAUCE:** Water, Soybean Oil, Bell Peppers, Brown Sugar, Tomato Paste, Honey, Onion, Egg Yolk, Distilled Vinegar, Corn Starch Modified, Salt, Garlic, Corn Starch, Rice Wine Vinegar, Natural and Artificial Flavors (including Smoke Flavor), Spices, Corn Syrup, High Fructose Corn Syrup, Xanthan Gum (thickener), Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate (emulsifier/thickener), Disodium Inosinate and Guanylate (flavor enhancers), Calcium Disodium EDTA (flavor protector).

**ULTIMATE CHICKEN GRILL FILLET:** Chicken Breast with Rib Meat, Water, Seasoning (Salt, Flavor, Maltodextrin, Autolyzed Yeast Extract, Citric Acid, Chicken Broth, Corn Syrup, Disodium Guanylate and Inosinate [flavor enhancers], Soy Sauce [Soybeans, Wheat, Salt], Honey, Mixed Triglycerides, Corn Starch Modified, Safflower Oil, Sugar, Thiamine Hydrochloride), Partially Hydrogenated Soybean Oil, Corn Starch Modified, Sodium Phosphate (emulsifier).