



NUTRITIONAL GUIDE

CLASSIC (BONE-IN) WINGS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (39g)	90	5	1.5	0	45	220	1	0	0	0	10	0	10	0	94	
Cajun	1ea (39g)	90	5	1.5	0	45	310	0	0	0	0	10	0	14	0	100	
Garlic Parm	1ea (36g)	120	8	2	0	45	75	1	0	0	0	10	0	15	0	90	Milk, Soy
Hawaiian	1ea (40g)	100	5	1.5	0	45	85	3	0	2	2	10	0	9	0	88	Soy, Wheat
Hickory Smoked BBQ	1ea (40g)	100	5	1.5	0	45	150	4	0	3	3	10	0	11	0	122	
Spicy Korean Q	1ea (39g)	100	5	1.5	0	45	135	3	0	3	2	10	0	10	0	93	Soy, Wheat
Lemon Pepper	1ea (35g)	120	8	2	0	45	210	0	0	0	0	10	0	16	0	84	Milk, Soy
Louisiana Rub	1ea (34g)	110	7	2	0	45	140	0	0	0	0	10	0	14	0	91	Milk, Soy
Mango Habanero	1ea (39g)	100	5	1.5	0	45	80	4	0	3	3	10	0	9	0	84	
Mild	1ea (38g)	120	8	2	0	45	160	0	0	0	0	10	0	9	0	86	Milk, Soy
Original Hot	1ea (38g)	90	5	1.5	0	45	230	0	0	0	0	10	0	9	0	92	
Plain	1ea (31g)	90	5	1.5	0	45	30	0	0	0	0	10	0	8	0	80	
Old Bay	1ea (34g)	100	7	2	0	45	110	0	0	1	0	10	0	14	0	87	Milk, Soy

BONELESS WINGS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (34g)	90	4.5	1	0	10	380	7	0	0	0	4	0	8	0	73	Wheat
Cajun	1ea (34g)	80	4.5	1	0	10	450	6	0	0	0	4	0	11	0	77	Wheat
Garlic Parm	1ea (31g)	110	7	1.5	0	15	260	6	0	0	0	4	0	12	0	70	Wheat, Milk, Soy
Hawaiian	1ea (34g)	90	4.5	1	0	10	270	8	0	2	2	4	0	7	0	68	Wheat, Soy
Hickory Smoked BBQ	1ea (34g)	90	4.5	1	0	10	330	9	0	3	2	5	0	9	0	95	Wheat
Spicy Korean Q	1ea (34g)	90	4.5	1	0	10	320	8	0	2	2	5	0	8	0	72	Wheat, Soy
Lemon Pepper	1ea (30g)	110	7	1.5	0	10	290	6	0	0	0	4	0	9	0	63	Wheat, Milk, Soy
Louisiana Rub	1ea (29g)	100	6	1	0	10	260	6	0	0	0	4	0	8	0	65	Wheat, Milk, Soy
Mango Habanero	1ea (34g)	90	4.5	1	0	10	270	9	0	3	2	4	0	7	0	65	Wheat
Mild	1ea (33g)	110	7	1.5	0	10	330	6	0	0	0	4	0	7	0	66	Wheat, Milk, Soy
Original Hot	1ea (33g)	80	4.5	1	0	10	390	6	0	0	0	4	0	7	0	71	Wheat
Plain	1ea (27g)	80	4.5	1	0	10	230	6	0	0	0	4	0	7	0	62	Wheat
Old Bay	1ea (29g)	100	6	1	0	10	290	6	0	1	0	4	0	8	0	63	Wheat, Milk, Soy

*Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.

Value of 0 on Sugars is based on an MDL of 387 mg/serving. Beverages will vary upon amount of ice in a serving.

BONELESS TENDERS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (74g)	150	7	1	0	30	850	12	0	0	0	10	0	12	0	199	Wheat
Cajun	1ea (74g)	150	7	1	0	30	1020	11	0	0	0	10	0	18	0	210	Wheat
Garlic Parm	1ea (68g)	210	14	2.5	0	30	550	11	0	0	0	10	0	20	0	191	Wheat, Milk, Soy
Hawaiian	1ea (75g)	160	7	1	0	30	580	16	0	5	5	10	0	10	0	187	Wheat, Soy
Hickory Smoked BBQ	1ea (76g)	170	7	1	0	30	710	17	0	6	6	10	0	13	1	255	Wheat
Spicy Korean Q	1ea (75g)	170	7	1	0	30	680	16	0	6	5	10	0	12	0	196	Wheat, Soy
Lemon Pepper	1ea (65g)	200	13	2.5	0	30	620	10	0	0	0	10	0	13	0	173	Wheat, Milk, Soy
Louisiana Rub	1ea (63g)	180	12	2	0	30	540	10	0	0	0	10	0	10	0	178	Wheat, Milk, Soy
Mango Habanero	1ea (75g)	170	7	1	0	30	570	17	0	7	6	10	0	9	0	179	Wheat
Mild	1ea (72g)	200	14	2.5	0	30	730	10	0	0	0	10	0	8	0	183	Wheat, Milk, Soy
Original Hot	1ea (73g)	140	7	1	0	30	870	10	0	0	0	10	0	9	0	195	Wheat
Plain	1ea (58g)	140	7	1	0	30	470	10	0	0	0	10	0	8	0	171	Wheat
Old Bay	1ea (63g)	170	11	2	0	30	420	10	0	2	0	10	0	10	0	176	Wheat, Milk, Soy

CHICKEN SANDWICH

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (305g)	650	24	4.5	0	80	3230	74	2	11	8	33	0	144	4	598	Wheat
Cajun	1ea (306g)	640	25	4.5	0	80	3940	70	2	11	8	33	0	170	4	641	Wheat
Garlic Parmesan	1ea (280g)	890	52	10	0	80	2060	71	2	11	8	34	0	179	3	565	Wheat, Milk, Soy
Hawaiian	1ea (309g)	710	24	4.5	0	80	2150	90	2	30	28	33	0	136	3	549	Wheat, Soy
Hickory Smoked BBQ	1ea (313g)	730	24	4.5	0	80	2680	96	2	36	32	34	0	149	6	821	Wheat
Spicy Korean Q	1ea (308g)	720	24	4.5	0	80	2570	90	2	32	27	34	0	145	4	585	Wheat, Soy
Lemon Pepper	1ea (270g)	850	50	9	0	80	2320	67	2	10	8	32	0	148	3	493	Wheat, Milk, Soy
Louisiana Rub	1ea (263g)	790	43	8	0	80	2020	67	2	10	8	32	0	139	4	513	Wheat, Milk, Soy
Mango Habanero	1ea (309g)	740	24	4.5	0	80	2120	94	2	7	31	32	0	9	3	516	Wheat
Mild	1ea (299g)	870	52	10	0	80	2750	67	2	10	8	32	0	8	3	531	Wheat, Milk, Soy
Original Hot	1ea (301g)	630	25	4.5	0	80	3340	68	2	10	8	32	0	9	3	580	Wheat
Plain	1ea (241g)	610	24	4.5	0	80	1720	66	2	10	8	32	0	128	3	483	Wheat

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SIDES

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Veggie Stick Celery	5 Sticks (56g)	9	0	0	0	0	45	1.5	1	0.5	0	1	0	23	0	145
Veggie Stick Carrots	5 Sticks (66g)	27	0	0	0	0	45	6.5	2	3	0	1	0	22	0	210
Ranch Dip	3.25oz Cup (85g)	324	34	5	0	35	870	2	0	2	0	1	1	61	0	79
Blue Cheese Dip	3.25oz Cup (86g)	325	33	7	0	40	570	4	0	2	0	4	0	103	0	85
Honey Mustard Dip	3.25oz Cup (93g)	390	33	4.5	0	30	660	18	0	18	18	0	0	0	0	0
Cheddar Cheese Sauce Dip	3.25oz Cup (96g)	124	9	1.5	0	0	850	8	0	2	0	2	0	48	0	39
Seasoned Fries Regular	10oz (191g)	495	21	3.5	0	0	620	69	0	3	2	8	0	67	2	1530
Seasoned Fries Large	18oz (346g)	899	37	7	0	0	1060	126	0	6	3	14	0	121	3	2782
Cheese Fries Regular	10oz (255g)	577	27	5	0	0	1190	75	0	4	2	9	0	99	2	1556
Cheese Fries Large	18oz (442g)	1023	47	8	0	0	1910	134	0	8	3	15	0	169	3	2820
Buffalo Ranch Fries Regular	10oz (249g)	612	32	6	0	10	1720	71	0	4	2	8	0	89	2	1604
Buffalo Ranch Fries Large	18oz (434g)	1074	55	9	0	20	2710	129	0	8	3	15	0	154	3	2893
Louisiana Voodoo Fries Regular	10oz (283g)	684	38	7	0	10	1270	75	0	4	0	9	0	139	2	1617
Louisiana Voodoo Fries Large	18oz (483g)	1180	64	11	0	20	1870	133	0	6	0	16	0	226	4	2908
Fried Corn Regular	5ea (154g)	202	9	1.5	0	0	300	24	0	10	0	6	0	16	0	380
Fried Corn Large	10ea (308g)	404	18	3	0	0	600	48	0	19	1	12	0	31	0	759
Brownie	1ea (98g)	430	24	10	0	85	160	49	3	33	0	6	0	0	0	0

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BEVERAGES

Description of Product	Portion Size Volume	Serving Size* (ml)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Sugars (g)	Sodium (mg)	Total Carbs (g)
Dr. Pepper	Regular	600	225	0	0	0	65	75	65
	Large	960	360	0	0	0	104	120	104
Coke	Regular	600	248	0	0	0	68	5	68
	Large	960	396	0	0	0	108	8	108
Diet Coke	Regular	600	2	0	0	0	1	25	1
	Large	960	3	0	0	0	2	40	2
Sprite	Regular	600	243	0	0	0	65	55	65
	Large	960	388	0	0	0	104	88	104
Fanta Orange	Regular	600	278	0	0	0	75	35	75
	Large	960	444	0	0	0	120	56	120
Fanta Strawberry	Regular	600	283	0	0	0	78	23	78
	Large	960	452	0	0	0	124	36	124
Lipton Tea - Sweet	Regular	600	175	0	0	0	45	0	45
	Large	960	280	0	0	0	72	0	72
Lipton Tea - Plain	Regular	600	0	0	0	0	0	0	0
	Large	960	0	0	0	0	0	0	0
Minute Maid Lemonade	Regular	600	243	0	0	0	63	103	65
	Large	960	388	0	0	0	100	164	104
Nestea Raspberry Tea	Regular	600	195	0	0	0	52	20	52
	Large	960	312	0	0	0	84	32	84
Gold Peak Sweet Green Tea	Regular	600	200	0	0	0	55	19	55
	Large	960	320	0	0	0	88	30	88
Gold Peak Unsweetened Tea	Regular	600	2	0	0	0	0	20	1
	Large	960	3	0	0	0	0	32	2
Gold Peak Southern Tea	Regular	600	255	0	0	0	65	20	66
	Large	960	388	0	0	0	104	32	105
Nestea Peach Tea	Regular	600	202	0	0	0	50	20	50
	Large	960	308	0	0	0	80	32	80

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