Nutrition Information

	Product Name	Serving Size	Calories	Protein (g)	Carbohydrates (g)	Dietary Fibler (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Potential Food Allergens								
													Dairy	Egg	Fish	Peanut	Shelifish	Soy	Tree Nut	Wheat	MSG
Main Coursees	Wing	1 Piece	435	31	15	2	0	30	9	5	130	1035	•	•				•		•	•
	Leg	1 Piece	188	15	10	1	0	10	5	5	75	485	•	•				•		•	•
	Thigh	1 Piece	497	20	20	1	0	40	10	5	140	1048	•	•				•		•	•
	Breast	1 Piece	332	19	12	2	0	19	5	7	78	771	•	•				•		•	•
	Chicken Strip	1 Piece	155	15	8	4	0	10	3	6	32	498	•					•		•	•
	Chicken Nuggets	4 Pieces	142	7	9	1	0	4	2	0	20	729	•					•		•	•
	Shrimp	4 Pieces	358	10	45	3	0	18	2	1	65	786	•	•				•		•	•
	Fish	1 Filet	360	15	55	5	0	15	8	1	25	750	•					•		•	•
Sides Order	French Fries (Sm)	1 Basket	295	4	40	5	1	15	4	4	0	350						•			
	French Fries (Lg)	1 Basket	610	7	80	9	3	31	7	7	0	680						•			
	Mashed Potato & Gravy (Sm)	8 oz.	80	3	13	2	3	3	0	0	1	510	•							•	•
	Mashed Potato & Gravy (Lg)	16 oz.	160	6	24	4	6	6	0	0	2	1020	•							•	•
	Cole Slaw (Sm)	8 oz.	200	1	16	2	8	12	3	0	5	170		•				•			
	Cole Slaw (Lg)	16 oz.	400	2	32	4	16	24	6	0	10	340		•				•			
	Dirty Rice (Sm)	8 oz.	175	2	21	0	0	9	4	0	6	270	•					•			•
	Dirty Rice (Lg)	16 oz.	350	4	42	0	0	18	8	0	12	540	•					•			•
Beverages	Coca-Cola (Sm)	16 oz.	146	0	38	0	38	0	0	0	0	7									
	Coca-Cola (Med)	20 oz.	183	0	48	0	48	0	0	0	0	9									
	Coca-Cola (Lg)	32 oz.	293	0	77	0	77	0	0	0	0	14									
	Sprite (Sm)	16 oz.	146	0	38	0	38	0	0	0	0	7									
	Sprite (Med)	20 oz.	183	0	48	0	48	0	0	0	0	9									
	Sprite (Lg)	32 oz.	293	0	77	0	77	0	0	0	0	14									
	Fenta Strawberry (Sm)	16 oz.	107	0	38	0	38	0	0	0	0	7									
	Fenta Strawberry (Med)	20 oz.	134	0	53	0	53	0	0	0	0	8									
	Fenta Strawberry (Lg)	32 oz.	214	0	73	0	73	0	0	0	0	14									

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.