

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
BREAKFAST									
Add Cheese (1 slice American Cheese)	45	30	3.5	2	10	210	0	2	0
Bacon (2 slices)	80	60	7	2.5	20	310	0	4	0
Bacon (3 slices)	120	90	11	4	30	470	0	6	0
Bacon Biscuit	310	150	17	4.5	30	830	31	9	1
Bacon, Egg & Cheese Biscuit	520	320	36	11	200	1310	32	17	1
Bacon, Egg & Cheese Breakfast Wrap	310	170	19	7	190	810	22	13	1
Biscuit	290	140	16	4.5	5	640	32	5	0
Biscuit w/butter	340	190	22	5	5	700	32	5	1
Bologna (1 slice)	130	100	11	3.5	25	510	2	5	0
Bologna (2 slices)	260	200	22	7	50	1020	4	10	0
Bologna Biscuit	420	240	27	8	30	1150	34	10	1
Breakfast Deluxe (NO MEAT)	1020	610	68	17	180	2160	85	18	5
Breakfast Special	670	390	44	11	180	1640	53	15	2
Chicken Biscuit	560	280	31	7	55	1080	43	28	1
Chicken Filet (1 - breaded, fried)	270	130	15	3	50	440	11	23	0
Double Gravy Biscuit	950	520	58	17	30	2840	90	18	2
Eggs, folded (1 serving = 2 oz)	110	80	9	2	170	150	0	6	0
Grits (4 oz)	140	90	10	1.5	0	320	13	1	1
Ham (1 slice)	90	35	4	1.5	35	590	0	11	0
Ham (2 slices)	180	70	8	2.5	65	1170	0	22	0
Ham Biscuit	430	230	26	7	35	1280	32	16	1
Hash Browns (Large)	520	320	36	8	0	750	45	5	5
Hash Browns (Regular)	360	220	25	6	0	520	31	3	3
Pancake (1) w/ syrup	210	60	6	1	5	170	37	1	0
Pancakes (1) no syrup	90	60	6	1	5	120	6	1	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Pancakes (3) no syrup	220	120	13	2	10	300	19	3	1
Pancakes (3) w/ syrup	340	120	13	2	10	350	49	3	1
Sausage Biscuit	480	300	33	11	35	990	34	12	1
Sausage, Egg & Cheese Biscuit	630	410	46	15	215	1350	34	20	1
Sausage, Egg, Cheese Breakfast Wrap	320	180	20	7	185	740	22	12	1
Sausage Link (1)	170	140	15	5	40	530	1	7	0
Sausage Patty (1)	170	140	15	5	40	530	1	7	0
Sausage Patty (2)	380	310	34	12	60	700	4	14	0
Scrambled Eggs (2 eggs=4oz)	210	160	185	4.5	340	290	1	11	0
Scrambled Eggs with Cheese (2 eggs = 4 oz)	260	190	22	6	350	500	1	13	0
Side of Sausage Gravy	230	150	17	4.5	15	780	13	6	0
Side Steak (1 portion)	290	220	25	6	25	340	10	8	0
Single Gravy Biscuit	480	260	29	9	15	1420	45	9	1
Single Gravy with Egg Biscuit	490	270	30	7	130	1290	41	14	1
Smoked Sausage Biscuit	460	280	31	10	45	1170	33	12	1
Steak Biscuit	580	370	41	10	30	990	42	13	1
CHICKEN									
12 pc Fried Chicken Box (w/ biscuits & NO sides)	6460	3330	372	92	1200	18130	437	328	15
3 pc Chicken Fingers & Fries	610	250	27	4	35	1490	56	36	2
4 pc Chicken Fingers & Fries	720	290	32	4.5	45	1870	60	47	2
8 pc Fried Chicken Box (w/ biscuits & NO sides)	4300	2220	248	61	800	12090	291	219	10
Biscuit	290	140	16	4.5	5	640	32	5	1
Chicken Breast	480	260	29	8	70	660	20	35	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Chicken Finger (1 piece)	220	120	13	2.5	20	680	17	8	1
Chicken Finger Kid's Meal (no drink)	960	510	57	11	65	2740	85	27	6
Chicken Fingers Box (12 pc. no sauce)	2620	1430	160	31	255	8160	199	97	13
Chicken Fingers Box (20 pc no sauce)	4360	2380	267	51	425	13600	332	162	22
Chicken Fingers Dinner (3 pc w/ biscuit, no side) (no sauce)	950	500	56	12	65	2680	82	30	4
Chicken Fingers Dinner (4 pc w/ biscuit, no side) (no sauce)	1160	620	69	15	90	3360	98	38	5
Chicken Finger Snack & Fries (3 pc, no sauce)	920	500	56	11	65	2690	77	27	6
Chicken Finger Snack & Fries (4 pc, no sauce)	1140	620	69	13	85	3370	93	35	7
Chicken Gravy (1oz. serving)	10	0	0	0	0	130	2	0	0
Fried Chicken Breast (1 pc)	670	320	36	8	135	2130	37	48	1
Fried Chicken Leg (1 pc)	200	100	11	2.5	55	660	12	12	0
Fried Chicken Thigh (1 pc)	490	290	32	8	130	1340	23	25	1
Fried Chicken Wing (1 pc)	220	120	13	3	75	630	10	13	0
Grilled Chicken Finger (1 piece)	60	10	1.5	0	10	230	0	11	0
Homemade Ranch Dressing (1.5 oz)	160	150	17	2.5	15	360	3	1	0
Jack's BBQ Sauce (1 container)	60	0	0	0	0	450	15	0	0
Jack's Buffalo Sauce (1 container)	100	100	11	7	25	1280	1	0	0
Jack's Comeback Sauce (1 container)	230	210	24	3.5	10	320	4	0	0
Jack's Honey Mustard (1 container)	180	130	14	2	15	230	12	0	0
Large Fries	380	210	23	4.5	0	890	39	4	4
Large Side Cole Slaw (16 oz)	860	670	74	10	65	580	54	4	8
Large Side Green Beans (16 oz)	90	5	1	0	0	1290	16	0	5
Large Side Mashed Potatoes (16 oz)	570	120	13	10	0	2300	104	10	5

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Regular Fries	260	140	16	3	0	650	27	3	3
Side Cole Slaw (4oz. serving)	210	170	18	2.5	15	150	13	1	2
Side Green Beans (4oz. serving)	25	0	0	0	0	320	4	1	0
Side Mashed Potatoes (4oz. serving)	140	30	3.5	2.5	0	580	26	3	1

DESSERTS

Apple Pie	280	140	15	3.5	0	250	31	3	2
Blueberry Cream Pie Ice Cream, 1 scoop	240	100	11	7	40	90	32	3	0
Blueberry Cream Pie Ice Cream, 2 scoops	480	200	22	14	80	180	64	6	0
Blueberry Cream Pie Milkshake, Large	870	370	42	26	145	370	108	17	0
Blueberry Cream Pie Milkshake, Small	590	260	28	18	100	250	73	12	0
Chocolate Ice Cream, 1 Scoop	260	130	14	8	55	65	30	3	0
Chocolate Milkshake (Regular)	920	460	51	29	190	300	103	17	0
Chocolate Milkshake (Small)	620	310	35	19	130	210	70	12	0
Cookies & Cream Ice Cream - 1 Scoop	260	120	13	7	40	110	34	3	0
Cookies & Cream Ice Cream - 2 Scoops	510	230	26	14	80	220	67	6	0
Cookies & Cream Milkshake (Regular)	920	420	46	26	145	440	113	17	0
Cookies & Cream Milkshake (Small)	620	280	32	18	100	300	76	12	0
Ice Cream Cone (cone only)	20	0	0	0	0	10	4	0	0
Kid's Meal Rice Crispy Treat (1)	45	10	1	0	0	55	9	0	0
Lemon Pie	290	120	13	3	0	280	35	3	1
Orange Sherbet - 1 Scoop	190	15	1.5	1	0	40	42	0	0
Orange Sherbet - 2 Scoops	380	30	3	1.5	0	80	83	0	0
Orange Sherbet Milkshake (Regular)	720	11	13	7	25	220	137	8	0
Orange Sherbet Milkshake (Small)	500	80	9	5	20	160	92	6	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Smoky Mountain Fudge Ice Cream - 1 Scoop	270	130	14	6	30	110	35	5	2
Smoky Mountain Fudge Ice Cream - 2 Scoops	540	260	29	13	65	220	70	10	3
Smoky Mountain Fudge Milkshake, Large	960	460	51	24	120	440	117	22	5
Smoky Mountain Fudge Milkshake, Small	660	310	35	16	80	300	79	15	3
Strawberry Ice Cream - 1 Scoop	210	90	10	6	40	55	29	3	0
Strawberry Ice Cream - 2 Scoops	420	170	19	11	80	110	70	10	0
Strawberry Milkshake (Regular)	770	330	37	21	145	270	98	17	0
Strawberry Milkshake (Small)	530	230	25	15	100	190	66	12	0
Vanilla Ice Cream - 1 Scoop	240	120	13	8	65	105	27	5	0
Vanilla Ice Cream - 2 Scoops	480	230	26	16	130	210	54	10	0
Vanilla Milkshake (Regular)	870	420	46	29	215	420	93	22	0
Vanilla Milkshake (Small)	590	280	32	19	145	290	63	15	0

DRINKS

Coca-Cola (Large)	240	0	0	0	0	75	66	0	0
Coca-Cola (Regular)	170	0	0	0	0	55	47	0	0
Coca-Cola (Small)	150	0	0	0	0	50	42	0	0
Coffee (Large)	5	0	0	0	0	10	0	1	0
Coffee (Regular)	5	0	0	0	0	5	0	0	0
Diet Coke (Large)	0	0	0	0	0	70	0	0	0
Diet Coke (Regular)	0	0	0	0	0	50	0	0	0
Diet Coke (Small)	0	0	0	0	0	45	0	0	0
Diet Dr. Pepper (Large)	0	0	0	0	0	250	0	0	0
Diet Dr. Pepper (Regular)	0	0	0	0	0	180	0	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Diet Dr. Pepper (Small)	0	0	0	0	0	160	0	0	0
Dr Pepper (Large)	250	0	0	0	0	90	69	0	0
Dr Pepper (Regular)	180	0	0	0	0	65	49	0	0
Dr Pepper (Small)	160	0	0	0	0	55	44	0	0
Hi-C Fruit Punch, Large	270	0	0	0	0	45	75	0	0
Hi-C Fruit Punch, Regular	190	0	0	0	0	30	54	0	0
Hi-C Fruit Punch, Small	170	0	0	0	0	30	48	0	0
Jack's Iced Coffee (Caramel)	320	80	9	5	30	60	57	4	0
Jack's Iced Coffee (Mocha)	350	80	9	5	30	60	66	4	0
Jack's Iced Coffee (Original)	200	80	9	5	30	60	27	4	0
Jack's Iced Coffee (Vanilla)	320	80	9	5	30	60	57	4	0
Jack's Sweet Tea (Large)	190	0	0	0	0	10	49	0	0
Jack's Sweet Tea (Regular)	150	0	0	0	0	10	38	0	0
Jack's Sweet Tea (Small)	110	0	0	0	0	5	28	0	0
Jack's Unsweet Tea (Large)	5	0	0	0	0	10	1	0	0
Jack's Unsweet Tea (Regular)	5	0	0	0	0	10	1	0	0
Jack's Unsweet Tea (Small)	0	0	0	0	0	5	1	0	0
Mello Yello (Large)	270	0	0	0	0	20	74	0	0
Mello Yello (Regular)	190	0	0	0	0	15	53	0	0
Mello Yello (Small)	170	0	0	0	0	15	47	0	0
Minute Maid Light Lemonade (Large)	40	0	0	0	0	40	10	0	0
Minute Maid Light Lemonade (Regular)	25	0	0	0	0	25	7	0	0
Minute Maid Light Lemonade (Small)	25	0	0	0	0	25	7	0	0
Orange Fanta (Large)	270	0	0	0	0	100	76	0	0
Orange Fanta (Regular)	170	0	0	0	0	65	49	0	0
Orange Fanta (small)	170	0	0	0	0	65	49	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
Orange Juice (10oz)	140	0	0	0	0	20	34	3	0
Sprite (Large)	240	0	0	0	0	110	64	0	0
Sprite (Regular)	170	0	0	0	0	80	46	0	0
Sprite (Small)	150	0	0	0	0	70	41	0	0
Sweet Tea - 1/2 Gallon	860	0	0	0	0	55	223	0	0
Unsweet Tea - 1/2 Gallon	20	0	0	0	0	55	6	0	0
Whole Milk 12 oz.	190	90	10	6	30	130	15	10	0
Whole Milk 16 oz.	260	120	14	8	45	180	20	13	0
HEALTHY									
Crispy Chicken Salad	850	450	50	13	90	2290	68	35	9
Dijon Honey Mustard Salad Dressing (1 packet)	120	100	11	1.5	10	160	5	0	0
Dijon Honey Mustard Salad Dressing, Fat Free (1 packet)	50	0	0	0	0	370	13	0	0
Grilled Chicken Salad	310	110	13	6	90	300	18	34	6
Grilled Chicken Sandwich	410	150	17	3	75	420	35	29	1
Grits (4 oz)	140	90	10	1.5	0	330	13	1	1
Homemade Ranch Dressing (1 oz)	110	100	11	1.5	10	240	2	1	0
Raspberry Vinaigrette Salad Dressing, Fat Free (1 Packet)	45	0	0	0	0	340	11	0	0
Side Green Beans	25	0	0	0	0	320	5	0	1
Side Mashed Potatoes (4oz. serving)	140	30	3.5	2.5	0	580	26	3	1
Side Salad	90	45	5	3	15	115	7	5	2
Spring Salad	190	90	10	6	30	240	18	11	6
Thousand Island Salad Dressing (1 packet)	220	190	21	3	20	350	6	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
SANDWICHES									
Big Bacon	800	510	57	18	140	1230	36	35	2
Bigger Jack	1000	630	70	24	175	1780	44	45	3
Big Jack	720	420	47	14	110	1180	43	29	3
Cheeseburger	440	210	23	8	60	960	38	19	1
Cheeseburger Kid's Meal (no drink)	750	360	40	12	60	1660	74	22	4
Chicken Fillet Sandwich	560	260	29	5	60	810	46	29	1
Double Cheeseburger	680	380	43	16	120	1330	38	32	1
French Fries (Kid's Meal)	260	140	16	3	0	650	27	3	3
Grilled Chicken Sandwich	410	150	17	3	75	420	35	29	1
Hamburger	400	170	19	6	50	750	38	17	1
Hamburger Kid's Meal (no drink)	710	330	36	10	50	1450	73	20	4
Large Fries	380	210	23	4.5	0	890	39	4	4
Little Jack	520	270	31	8	60	1010	43	18	3
Regular Fries	310	120	13	3.5	0	320	42	5	0
Two Cheeseburgers	880	410	46	17	120	1920	76	38	2