

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

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
<b>Pancakes (1) no syrup</b>	90	60	6	1	5	120	6	1	0
<b>Pancakes (3) no syrup</b>	220	120	13	2	10	300	19	3	1
<b>Pancakes (3) w/ syrup</b>	340	120	13	2	10	350	49	3	1
<b>Sausage Biscuit</b>	480	300	33	11	35	990	34	12	1
<b>Sausage, Egg &amp; Cheese Biscuit</b>	630	410	46	15	215	1350	34	20	1
<b>Sausage, Egg, Cheese Breakfast Wrap</b>	320	180	20	7	185	740	22	12	1
<b>Sausage Link (1)</b>	170	140	15	5	40	530	1	7	0
<b>Sausage Patty (1)</b>	170	140	15	5	40	530	1	7	0
<b>Sausage Patty (2)</b>	380	310	34	12	60	700	4	14	0
<b>Scrambled Eggs (2 eggs=4oz)</b>	210	160	185	4.5	340	290	1	11	0
<b>Scrambled Eggs with Cheese (2 eggs = 4 oz)</b>	260	190	22	6	350	500	1	13	0
<b>Side of Sausage Gravy</b>	230	150	17	4.5	15	780	13	6	0
<b>Side Steak (1 portion)</b>	290	220	25	6	25	340	10	8	0
<b>Single Gravy Biscuit</b>	480	260	29	9	15	1420	45	9	1
<b>Single Gravy with Egg Biscuit</b>	490	270	30	7	130	1290	41	14	1
<b>Smoked Sausage Biscuit</b>	460	280	31	10	45	1170	33	12	1
<b>Steak Biscuit</b>	580	370	41	10	30	990	42	13	1

### CHICKEN

<b>12 pc Fried Chicken Box (w/ biscuits &amp; NO sides)</b>	6460	3330	372	92	1200	18130	437	328	15
<b>3 pc Chicken Fingers &amp; Fries</b>	610	250	27	4	35	1490	56	36	2
<b>4 pc Chicken Fingers &amp; Fries</b>	720	290	32	4.5	45	1870	60	47	2
<b>8 pc Fried Chicken Box (w/ biscuits &amp; NO sides)</b>	4300	2220	248	61	800	12090	291	219	10
<b>Biscuit</b>	290	140	16	4.5	5	640	32	5	1

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
<b>Chicken Breast</b>	480	260	29	8	70	660	20	35	0
<b>Chicken Finger (1 piece)</b>	220	120	13	2.5	20	680	17	8	1
<b>Chicken Finger Kid's Meal (no drink)</b>	960	510	57	11	65	2740	85	27	6
<b>Chicken Fingers Box (12 pc. no sauce)</b>	2620	1430	160	31	255	8160	199	97	13
<b>Chicken Fingers Box (20 pc no sauce)</b>	4360	2380	267	51	425	13600	332	162	22
<b>Chicken Fingers Dinner (3 pc w/ biscuit, no side) (no sauce)</b>	950	500	56	12	65	2680	82	30	4
<b>Chicken Fingers Dinner (4 pc w/ biscuit, no side) (no sauce)</b>	1160	620	69	15	90	3360	98	38	5
<b>Chicken Finger Snack &amp; Fries (3 pc, no sauce)</b>	920	500	56	11	65	2690	77	27	6
<b>Chicken Finger Snack &amp; Fries (4 pc, no sauce)</b>	1140	620	69	13	85	3370	93	35	7
<b>Chicken Gravy (1oz. serving)</b>	10	0	0	0	0	130	2	0	0
<b>Fried Chicken Breast (1 pc)</b>	670	320	36	8	135	2130	37	48	1
<b>Fried Chicken Leg (1 pc)</b>	200	100	11	2.5	55	660	12	12	0
<b>Fried Chicken Thigh (1 pc)</b>	490	290	32	8	130	1340	23	25	1
<b>Fried Chicken Wing (1 pc)</b>	220	120	13	3	75	630	10	13	0
<b>Grilled Chicken Finger (1 piece)</b>	60	10	1.5	0	10	230	0	11	0
<b>Homemade Ranch Dressing (1.5 oz)</b>	160	150	17	2.5	15	360	3	1	0
<b>Jack's BBQ Sauce (1 container)</b>	60	0	0	0	0	450	15	0	0
<b>Jack's Buffalo Sauce (1 container)</b>	100	100	11	7	25	1280	1	0	0
<b>Jack's Comeback Sauce (1 container)</b>	230	210	24	3.5	10	320	4	0	0
<b>Jack's Honey Mustard (1 container)</b>	180	130	14	2	15	230	12	0	0
<b>Large Fries</b>	380	210	23	4.5	0	890	39	4	4
<b>Large Side Cole Slaw (16 oz)</b>	860	670	74	10	65	580	54	4	8
<b>Large Side Green Beans (16 oz)</b>	90	5	1	0	0	1290	16	0	5

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
<b>Large Side Mashed Potatoes (16 oz)</b>	570	120	13	10	0	2300	104	10	5
<b>Regular Fries</b>	260	140	16	3	0	650	27	3	3
<b>Side Cole Slaw (4oz. serving)</b>	210	170	18	2.5	15	150	13	1	2
<b>Side Green Beans (4oz. serving)</b>	25	0	0	0	0	320	4	1	0
<b>Side Mashed Potatoes (4oz. serving)</b>	140	30	3.5	2.5	0	580	26	3	1
<b>DESSERTS</b>									
<b>Apple Pie</b>	280	140	15	3.5	0	250	31	3	2
<b>Blueberry Cream Pie Ice Cream, 1 scoop</b>	240	100	11	7	40	90	32	3	0
<b>Blueberry Cream Pie Ice Cream, 2 scoops</b>	480	200	22	14	80	180	64	6	0
<b>Blueberry Cream Pie Milkshake, Large</b>	870	370	42	26	145	370	108	17	0
<b>Blueberry Cream Pie Milkshake, Small</b>	590	260	28	18	100	250	73	12	0
<b>Chocolate Ice Cream, 1 Scoop</b>	260	130	14	8	55	65	30	3	0
<b>Chocolate Milkshake (Regular)</b>	920	460	51	29	190	300	103	17	0
<b>Chocolate Milkshake (Small)</b>	620	310	35	19	130	210	70	12	0
<b>Cookies &amp; Cream Ice Cream - 1 Scoop</b>	260	120	13	7	40	110	34	3	0
<b>Cookies &amp; Cream Ice Cream - 2 Scoops</b>	510	230	26	14	80	220	67	6	0
<b>Cookies &amp; Cream Milkshake (Regular)</b>	920	420	46	26	145	440	113	17	0
<b>Cookies &amp; Cream Milkshake (Small)</b>	620	280	32	18	100	300	76	12	0
<b>Ice Cream Cone (cone only)</b>	20	0	0	0	0	10	4	0	0
<b>Kid's Meal Rice Crispy Treat (1)</b>	45	10	1	0	0	55	9	0	0
<b>Lemon Pie</b>	290	120	13	3	0	280	35	3	1
<b>Orange Sherbet - 1 Scoop</b>	190	15	1.5	1	0	40	42	0	0
<b>Orange Sherbet - 2 Scoops</b>	380	30	3	1.5	0	80	83	0	0
<b>Orange Sherbet Milkshake (Regular)</b>	720	11	13	7	25	220	137	8	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
<b>Orange Sherbet Milkshake (Small)</b>	500	80	9	5	20	160	92	6	0
<b>Smoky Mountain Fudge Ice Cream - 1 Scoop</b>	270	130	14	6	30	110	35	5	2
<b>Smoky Mountain Fudge Ice Cream - 2 Scoops</b>	540	260	29	13	65	220	70	10	3
<b>Smoky Mountain Fudge Milkshake, Large</b>	960	460	51	24	120	440	117	22	5
<b>Smoky Mountain Fudge Milkshake, Small</b>	660	310	35	16	80	300	79	15	3
<b>Strawberry Ice Cream - 1 Scoop</b>	210	90	10	6	40	55	29	3	0
<b>Strawberry Ice Cream - 2 Scoops</b>	420	170	19	11	80	110	70	10	0
<b>Strawberry Milkshake (Regular)</b>	770	330	37	21	145	270	98	17	0
<b>Strawberry Milkshake (Small)</b>	530	230	25	15	100	190	66	12	0
<b>Vanilla Ice Cream - 1 Scoop</b>	240	120	13	8	65	105	27	5	0
<b>Vanilla Ice Cream - 2 Scoops</b>	480	230	26	16	130	210	54	10	0
<b>Vanilla Milkshake (Regular)</b>	870	420	46	29	215	420	93	22	0
<b>Vanilla Milkshake (Small)</b>	590	280	32	19	145	290	63	15	0

### DRINKS

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

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium	Carbohydrates	Protein (g)	Fiber
<b>Diet Dr. Pepper (Regular)</b>	0	0	0	0	0	180	0	0	0
<b>Diet Dr. Pepper (Small)</b>	0	0	0	0	0	160	0	0	0
<b>Dr Pepper (Large)</b>	250	0	0	0	0	90	69	0	0
<b>Dr Pepper (Regular)</b>	180	0	0	0	0	65	49	0	0
<b>Dr Pepper (Small)</b>	160	0	0	0	0	55	44	0	0
<b>Hi-C Fruit Punch, Large</b>	270	0	0	0	0	45	75	0	0
<b>Hi-C Fruit Punch, Regular</b>	190	0	0	0	0	30	54	0	0
<b>Hi-C Fruit Punch, Small</b>	170	0	0	0	0	30	48	0	0
<b>Jack's Iced Coffee (Caramel)</b>	320	80	9	5	30	60	57	4	0
<b>Jack's Iced Coffee (Mocha)</b>	350	80	9	5	30	60	66	4	0
<b>Jack's Iced Coffee (Original)</b>	200	80	9	5	30	60	27	4	0
<b>Jack's Iced Coffee (Vanilla)</b>	320	80	9	5	30	60	57	4	0
<b>Jack's Sweet Tea (Large)</b>	190	0	0	0	0	10	49	0	0
<b>Jack's Sweet Tea (Regular)</b>	150	0	0	0	0	10	38	0	0
<b>Jack's Sweet Tea (Small)</b>	110	0	0	0	0	5	28	0	0
<b>Jack's Unsweet Tea (Large)</b>	5	0	0	0	0	10	1	0	0
<b>Jack's Unsweet Tea (Regular)</b>	5	0	0	0	0	10	1	0	0
<b>Jack's Unsweet Tea (Small)</b>	0	0	0	0	0	5	1	0	0
<b>Mello Yello (Large)</b>	270	0	0	0	0	20	74	0	0
<b>Mello Yello (Regular)</b>	190	0	0	0	0	15	53	0	0
<b>Mello Yello (Small)</b>	170	0	0	0	0	15	47	0	0
<b>Minute Maid Light Lemonade (Large)</b>	40	0	0	0	0	40	10	0	0
<b>Minute Maid Light Lemonade (Regular)</b>	25	0	0	0	0	25	7	0	0
<b>Minute Maid Light Lemonade (Small)</b>	25	0	0	0	0	25	7	0	0
<b>Orange Fanta (Large)</b>	270	0	0	0	0	100	76	0	0
<b>Orange Fanta (Regular)</b>	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
<b>Orange Fanta (small)</b>	170	0	0	0	0	65	49	0	0
<b>Orange Juice (10oz)</b>	140	0	0	0	0	20	34	3	0
<b>Sprite (Large)</b>	240	0	0	0	0	110	64	0	0
<b>Sprite (Regular)</b>	170	0	0	0	0	80	46	0	0
<b>Sprite (Small)</b>	150	0	0	0	0	70	41	0	0
<b>Sweet Tea - 1/2 Gallon</b>	860	0	0	0	0	55	223	0	0
<b>Unsweet Tea - 1/2 Gallon</b>	20	0	0	0	0	55	6	0	0
<b>Whole Milk 12 oz.</b>	190	90	10	6	30	130	15	10	0
<b>Whole Milk 16 oz.</b>	260	120	14	8	45	180	20	13	0

### HEALTHY

<b>Crispy Chicken Salad</b>	850	450	50	13	90	2290	68	35	9
<b>Dijon Honey Mustard Salad Dressing (1 packet)</b>	120	100	11	1.5	10	160	5	0	0
<b>Dijon Honey Mustard Salad Dressing, Fat Free (1 packet)</b>	50	0	0	0	0	370	13	0	0
<b>Grilled Chicken Salad</b>	310	110	13	6	90	300	18	34	6
<b>Grilled Chicken Sandwich</b>	410	150	17	3	75	420	35	29	1
<b>Grits (4 oz)</b>	140	90	10	1.5	0	330	13	1	1
<b>Homemade Ranch Dressing (1 oz)</b>	110	100	11	1.5	10	240	2	1	0
<b>Raspberry Vinaigrette Salad Dressing, Fat Free (1 Packet)</b>	45	0	0	0	0	340	11	0	0
<b>Side Green Beans</b>	25	0	0	0	0	320	5	0	1
<b>Side Mashed Potatoes (4oz. serving)</b>	140	30	3.5	2.5	0	580	26	3	1
<b>Side Salad</b>	90	45	5	3	15	115	7	5	2
<b>Spring Salad</b>	190	90	10	6	30	240	18	11	6
<b>Thousand Island Salad Dressing (1 packet)</b>	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
<b>SANDWICHES</b>									
<b>Big Bacon</b>	800	510	57	18	140	1230	36	35	2
<b>Bigger Jack</b>	1000	630	70	24	175	1780	44	45	3
<b>Big Jack</b>	720	420	47	14	110	1180	43	29	3
<b>Cheeseburger</b>	440	210	23	8	60	960	38	19	1
<b>Cheeseburger Kid's Meal (no drink)</b>	750	360	40	12	60	1660	74	22	4
<b>Chicken Fillet Sandwich</b>	560	260	29	5	60	810	46	29	1
<b>Double Cheeseburger</b>	680	380	43	16	120	1330	38	32	1
<b>French Fries (Kid's Meal)</b>	260	140	16	3	0	650	27	3	3
<b>Grilled Chicken Sandwich</b>	410	150	17	3	75	420	35	29	1
<b>Hamburger</b>	400	170	19	6	50	750	38	17	1
<b>Hamburger Kid's Meal (no drink)</b>	710	330	36	10	50	1450	73	20	4
<b>Large Fries</b>	380	210	23	4.5	0	890	39	4	4
<b>Little Jack</b>	520	270	31	8	60	1010	43	18	3
<b>Regular Fries</b>	310	120	13	3.5	0	320	42	5	0
<b>Two Cheeseburgers</b>	880	410	46	17	120	1920	76	38	2