

Jack's Nutritional Information

Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
<u>BREAKFAST</u>									
Biscuit (1 serving = 1 biscuit)	290	140	16	4.5	5	640	32	5	0
Breakfast Special	670	390	44	11	180	1640	53	15	0
Add Cheese (American Cheese, 1 slice)	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, Egg and Cheese Biscuit	520	320	36	11	200	1310	32	17	1
Bacon, Egg and Cheese Wrap	310	170	19	7	190	810	22	13	1
Big Breakfast Sandwich w/ Bacon	530	290	33	8	210	1120	40	18	1
Big Breakfast Sandwich w/ Sausage	830	540	60	18	250	1510	44	28	1
Big Breakfast Sandwich w/ Smoked Sausage	790	500	56	16	270	1870	42	28	1
Biscuit, Buttered	340	190	22	5	5	700	32	5	1
Bologna Biscuit	420	240	27	8	30	1150	34	10	1
Bologna, 1 ea.	130	100	11	3.5	25	510	2	5	0
Bologna, 2 ea.	260	200	22	7	50	1020	4	10	0
Chicken Biscuit	530	250	28	7	45	1590	46	24	0
Chicken, 1 Fillet (breaded, fried)	230	110	12	2	45	940	14	19	1
Breakfast Deluxe, NO MEAT	1020	610	68	17	180	2160	85	18	5
Double Gravy Biscuit	950	520	58	17	30	2840	90	18	0
Eggs, Folded (1 serv = 2 oz)	110	80	9	2	170	150	0	6	0
Eggs, Scrambled (2 eggs = 4 oz)	210	160	18	4.5	340	290	1	11	0
Eggs, Scrambled with Cheese (2 eggs = 4 oz)	260	190	22	6	350	500	1	13	0
Gravy, Chicken (4 oz.)	15	15	3	0.5	0	650	8	3	0
Grits, 4oz	140	90	10	1.5	0	330	13	1	1
Ham Biscuit	430	230	26	7	35	1280	32	16	0
Ham, 1 ea.	90	35	4	1.5	35	590	0	11	0
Ham, 2 ea.	180	70	8	2.5	65	1170	0	22	0
Hashbrowns, large	520	320	36	8	0	750	45	5	5
Hashbrowns, regular	360	220	25	6	0	520	31	3	3
Pancakes, 1 each (No Syrup)	90	60	6	1	5	120	6	1	0
Pancakes, 1 each, w/ 1 Syrup	210	60	6	1	5	170	37	1	0
Pancakes, 3 each, (No Syrup)	220	120	13	2	10	300	19	3	0
Pancakes, 3 each, w/ 1 Syrup	340	120	13	2	10	350	49	3	1
Pork Chop Biscuit	416	168	19	5.5	33	967	41	21	0
Sausage Link, 1 ea.	170	140	15	5	40	530	1	7	0
Sausage Link, 2 ea.	340	270	30	10	80	1060	2	14	0
Sausage Patty Biscuit	480	300	33	11	35	990	34	12	1

Sausage Patty, 1 ea.	190	150	17	6	30	350	2	7	0
Sausage Patty, 2 ea.	380	310	34	12	60	700	4	14	0
Sausage Patty, Egg and Cheese Biscuit	630	410	46	15	215	1350	34	20	1
Sausage, Egg and Cheese Wrap	320	180	20	7	185	740	22	12	1
Smoked Sausage, Egg and Cheese Biscuit	610	390	44	14	220	1530	33	20	1
Side Sausage Gravy	230	150	17	4.5	15	780	13	6	0
Single Gravy Biscuit	480	260	29	9	15	1420	45	9	1
Smoked Sausage Biscuit	460	280	31	10	45	1170	33	12	1
Steak Biscuit	680	430	48	9	40	1300	45	15	1
Steak, 1 ea	390	290	32	5	40	650	13	10	0
Pork Chop, 1 ea (breaded)	129	28	3	1	28	327	9	16	0

CHICKEN/DIPPING SAUCES

Chicken Fingers , 1 pc.	220	120	13	2.5	20	680	17	8	1
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 (with Biscuit, No Side) (3 pc.) (No Sauce)	950	500	56	12	65	2680	82	30	4
Chicken Fingers Dinner (with Biscuit, No Side) (4 pc.) (No Sauce)	1160	620	69	15	90	3360	98	38	5
Chicken Fingers Snack & Fries (3 pc.) (No Sauce)	920	500	56	11	65	2690	77	27	6
Chicken Fingers Snack & Fries (4 pc.) (No Sauce)	1140	620	69	13	85	3370	93	35	7
BBQ Sauce (1 cup - 1.5 oz)	60	0	0	0	0	450	15	0	0
Buffalo Sauce (1 cup - 1.5 oz)	100	100	11	7	25	1280	1	0	0
Comeback Sauce (1 cup - 1.5 oz)	230	210	24	3.5	10	320	4	0	0
Honey Mustard (1 cup - 1.5 oz)	180	130	14	2	15	230	12	0	0
Ranch (1 cup - 1.5 oz)	160	150	17	2.5	15	360	3	1	0
Chicken, Fried, 12 pc. Box (with Biscuits & no side)	6460	3330	372	92	1200	18130	437	328	15
Chicken, Fried, 8 pc. Box (with Biscuits & no side)	4300	2220	248	61	800	12090	291	219	10
Chicken, Fried, Breast , 1 pc	670	320	36	8	135	2130	37	48	1
Chicken, Fried, Drumstick, 1 pc	200	100	11	2.5	55	660	12	12	0
Chicken, Fried, Thigh, 1 pc	490	290	32	8	130	1340	23	25	1
Chicken, Fried, Wing , 1 pc	220	120	13	3	75	630	10	13	0

DESSERT

Caramel Pecan Roll (1)	470	190	21	8	45	420	66	7	3
Ice Cream Cone (cone only)	20	0	0	0	0	10	4	0	0
Ice Cream, Blueberry Cream Pie, 1 scoop	240	100	11	7	40	90	32	3	0
Ice Cream, Blueberry Cream Pie, 2 scoops	480	200	22	14	80	180	64	6	0
Ice Cream, Chocolate, 1 scoop	260	130	14	8	55	65	30	3	0
Ice Cream, Chocolate, 2 scoops	510	260	29	16	110	130	61	6	0
Ice Cream, Cookies & Cream, 1 scoop	260	120	13	7	40	110	34	3	0
Ice Cream, Cookies & Cream, 2 scoops	510	230	26	14	80	220	67	6	0

Ice Cream, Orange Sherbet, 1 scoop	190	15	1.5	1	0	40	42	0	0
Ice Cream, Orange Sherbet, 2 scoops	380	30	3	1.5	0	80	83	0	0
Ice Cream, Smoky Mountain Fudge, 1 scoop	270	130	14	6	30	110	35	5	2
Ice Cream, Smoky Mountain Fudge, 2 scoops	540	260	29	13	65	220	70	10	3
Ice Cream, Strawberry Ice Cream 2 scoop	420	170	19	11	80	110	58	6	0
Ice Cream, Strawberry, 1 scoop	210	90	10	6	40	55	29	3	0
Ice Cream, Vanilla, 1 scoop	240	120	13	8	65	105	27	5	0
Ice Cream, Vanilla, 2 scoops	480	230	26	16	130	210	54	10	0
Milkshake, Blueberry Cream Pie, Large	870	370	42	26	145	370	108	17	0
Milkshake, Blueberry Cream Pie, Small	590	260	28	18	100	250	73	12	0
Milkshake, Chocolate, Large	920	460	51	29	190	300	103	17	0
Milkshake, Chocolate, Small	620	310	35	19	130	210	70	12	0
Milkshake, Cookie & Cream, Large	920	420	46	26	145	440	113	17	0
Milkshake, Cookies & Cream, Small	620	280	32	18	100	300	76	12	0
Milkshake, Orange Sherbet, Large	720	110	13	7	25	220	137	8	0
Milkshake, Orange Sherbet, Small	500	80	9	5	20	160	92	6	0
Milkshake, Smoky Mountain Fudge, Large	960	460	51	24	120	440	117	22	5
Milkshake, Smoky Mountain Fudge, Small	660	310	35	16	80	300	79	15	3
Milkshake, Strawberry, Large	770	330	37	21	145	270	98	17	0
Milkshake, Strawberry, Small	530	230	25	15	100	190	66	12	0
Milkshake, Vanilla, Large	870	420	46	29	215	420	93	22	0
Milkshake, Vanilla, Small	590	280	32	19	145	290	63	15	0
Pie, Apple	280	140	15	3.5	0	250	31	3	2
Pie, Strawberry Cream Cheese	240	110	12	6	10	240	31	3	1
Ice Cream Sundae, Candy Jar Crunch	310	100	11	7	30	95	51	4	0
Ice Cream Sundae, Chocolate	340	130	15	8	55	75	51	4	0
Ice Cream Sundae, Cookies & Cream	340	120	13	7	40	125	54	4	0
Ice Cream Sundae, Moose	370	150	17	8	40	110	52	5	0
Ice Cream Sundae, Orange Sherbet	270	20	2	1	0	50	62	1	0
Ice Cream Sundae, Smoky Mountain Fudge	350	130	15	7	30	125	56	5	3
Ice Cream Sundae, Strawberry	290	90	10	6	40	70	49	4	0
Ice Cream Sundae, Vanilla	320	120	13	8	65	115	48	5	0

SALADS/SALAD DRESSINGS

Salad Dressing, Comeback Sauce (2 oz)	300	290	32	5	15	430	6	0	0
Salad Dressing, Dijon Honey Mustard (1 packet)	120	100	11	1.5	10	160	5	0	0
Salad Dressing, Dijon Honey Mustard, Fat Free (1 packet)	50	0	0	0	0	370	13	0	0
Salad Dressing, Ranch (1 fl oz.)	110	100	11	1.5	10	240	2	1	0
Salad Dressing, Raspberry Vinaigrette, Fat Free (1 packet)	45	0	0	0	0	340	11	0	0
Salad Dressing, Thousand Island (1 packet)	220	190	21	3	20	350	6	0	0

Salad, Crispy Chicken (No Dressing)	850	450	50	13	90	2290	68	35	9
Salad, Garden (No Dressing)	190	90	10	6	30	240	18	11	6
Salad, Grilled Chicken (No Dressing)	310	110	13	6	90	300	18	34	6
Salad, Side (No Dressing)	90	45	5	3	15	115	7	5	2

SANDWICHES

Big Bacon Cheeseburger	800	510	57	18	140	1230	36	35	2
Big Jack	720	420	47	14	110	1180	43	29	3
Bigger Jack	1000	630	70	24	175	1780	44	45	3
Cheeseburger	440	210	23	8	60	960	38	19	1
Chicken Fillet (fried)	520	230	26	4	55	1310	49	25	2
Double Cheeseburger	680	380	43	16	120	1330	38	32	1
Grilled Chicken	410	150	17	3	75	420	35	29	1
Hamburger	400	170	19	6	50	750	38	17	1
Little Jack	520	270	31	8	60	1010	43	18	3
Pork Chop Sandwich	416	158	17	3	38	697	46	22	1
Two Cheeseburgers	880	410	46	17	120	1920	76	38	2

SIDES

Large Side Cole Slaw, 16oz	860	670	74	10	65	580	54	4	8
Side Cole Slaw, 4oz	210	170	18	2.5	15	150	13	1	2
Large French Fries	380	210	23	4.5	0	890	39	4	4
Side French Fries	260	140	16	3	0	650	27	3	3
Large Side Green Beans, 16oz	90	5	1	0	0	1290	16	0	5
Side Green Beans, 4oz	25	0	0	0	0	320	4	0	1
Large Side Mashed Potatoes	570	120	13	10	0	2300	104	10	5
Side Mashed Potatoes	140	30	3.5	2.5	0	580	26	3	1

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, Decaf, Large	0	0	0	0	0	10	0	0	0
Coffee, Decaf, Regular/Senior	0	0	0	0	0	5	0	0	0
Coffee, Large	5	0	0	0	0	10	0	0	0
Coffee, Regular/Senior	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

Diet Dr. Pepper, small	0	0	0	0	0	160	0	0	0
Dr. Pepper, large	250	0	0	0		90	69	0	0
Dr. Pepper, regular	180	0	0	0		65	49	0	0
Dr. Pepper, small	160	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
Mellow Yellow, large	270	0	0	0	0	20	74	0	0
Mellow Yellow, regular	190	0	0	0	0	15	53	0	0
Mellow Yellow, small	170	0	0	0	0	15	47	0	0
Lemonade, large	330	0	0	0	0	41.25	88	0	0
Lemonade, regular	240	0	0	0	0	30	64	0	0
Lemonade, small	180	0	0	0	0	22.5	48	0	0
Orange Fanta, large	270	0	0	0	0	100	76	0	0
Orange Fanta, regular	190	0	0	0	0	75	54	0	0
Orange Fanta, small	170	0	0	0	0	65	49	0	0
Orange Juice (10 fl oz)	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
Strawberry Fanta, large	310	0	0	0	0	75	84	0	0
Strawberry Fanta, regular	220	0	0	0	0	55	60	0	0
Strawberry Fanta, small	200	0	0	0	0	50	54	0	0
Whole Milk (12oz cup = 10 fl oz)	190	90	10	6	30	130	15	10	0
Whole Milk (16oz cup = 14 fl oz)	260	120	14	8	45	180	20	13	0
Iced Coffee, Caramel	320	80	9	5	30	60	57	4	0
Iced Coffee, Mocha	350	80	9	5	30	60	66	4	0
Iced Coffee, Original	200	80	9	5	30	60	27	4	0
Iced Coffee, Vanilla	320	80	9	5	30	60	57	4	0
Iced Sweet Tea, 1/2 Gal.	860	0	0	0	0	55	223	0	0
Iced Sweet Tea, Large	190	0	0	0	0	10	49	0	0
Iced Sweet Tea, Regular	150	0	0	0	0	10	38	0	0
Iced Sweet Tea, Small	110	0	0	0	0	5	28	0	0
Iced Tea, 1/2 Gal.	20	0	0	0	0	55	6	0	0
Iced Tea, Large	5	0	0	0	0	10	1	0	0
Iced Tea, Regular	5	0	0	0	0	10	1	0	0
Iced Tea, Small	0	0	0	0	0	5	1	0	0

KID'S MEALS

Kid's Meal, Cheeseburger (no drink)	750	360	40	12	60	1660	74	22	4
Kid's Meal, Chicken Fingers (no drink)	960	510	57	11	65	2740	85	27	6

Kid's Meal, French Fries	260	140	16	3	0	650	27	3	3
Kid's Meal, Hamburger (no drink)	710	330	36	10	50	1450	73	20	4
Kid's Meal, Rice Krispy Treat (1 ea.)	45	10	1	0	0	55	9	0	0

5/13/2019