

 NUTRITIONAL INFORMATION	Serving	Calories	Calories	Calories	Total	Saturated	Cholesterol	Sodium	Carbohydrates	Dietary	Net Carbs	Protein	Calories	% Daily Value			
	Size (gms)		from fat	Fat (gms)	Fat (gms)	(gms)	(mgs)	(mgs)	(gms)	Fiber (gms)	(gms)	(gms)	from protein	Vitamin A	Vitamin C	Calcium	Iron
Chicken																	
Famous Recipe Whole Wing	49	152	82	9	3	58	377	5	0	5	12	48	0	0	0	2	
Famous Recipe Breast	166	387	172	18	5	152	1104	10	0	10	41	164	0	0	0	6	
Famous Recipe Breast w/o skin/breading	111	141	25	3	1	97	438	0	0	0	29	116	0	0	0	4	
Famous Recipe Drumstick	61	144	71	8	2	77	462	4	0	4	14	56	0	0	0	4	
Famous Recipe Thigh	130	371	226	25	7	167	1082	12	0	12	23	92	0	0	0	6	
Crispy Plus Whole Wing	54	193	112	12	4	57	410	10	0	10	10	40	0	0	0	2	
Crispy Plus Breast	168	470	260	29	8	141	1370	19	0	19	34	136	0	0	0	8	
Crispy Plus Drumstick	83	178	99	11	3	80	480	5	0	5	12	48	0	0	0	4	
Crispy Plus Thigh	118	377	236	26	7	125	790	12	0	12	21	84	0	0	0	6	
Oven Roasted Whole Wing	42	99	60	7	2	29	28	<1	0	0	9	36	2	0	<1	8	
Oven Roasted Breast	137	227	32	4	1	85	74	<1	0	0	31	124	3	0	2	8	
Oven Roasted Drumstick	52	109	43	5	1	54	52	<1	0	0	15	60	<2	0	<1	8	
Oven Roasted Thigh	92	153	87	10	3	58	52	<1	0	0	16	64	3	0	1	8	
Livers	58	185	95	10	2	180	640	10	0	10	12	48	0	0	0	2	
Gizzards	58	195	95	10	2	110	750	14	1	12	12	48	0	0	0	3	
Handheld Chicken																	
Famous Breast Strips (3)	162	410	230	15	5	75	1080	18	0	18	30	120	0	6	0	10	
Oven Roasted Strips (3)	128	196	36	4	1	75	250	<1	0	0	35	140	0	0	0	6	
Jumbo Boneless Wings (6 pieces)	192	485	272	17	6	82	1250	20	0	20	36	144	0	7	0	10	
Jumbo Mini Sandwich	101	276	143	12	3	28	670	22	1	17	13	26	0	2	5	10	
Specialty Items																	
Chicken Pot Pie	369	760	432	48	10	75	1780	72	5	67	30	120	180	0	0	18	
Butterfly Shrimp	149	240	13	1	0	100	1133	44	0	44	15	60	0	0	2	2	
White Chicken Chili	156	141	34	4	0	35	642	16	6	10	10	40	0	4	2	6	
Side Items																	
Biscuit	62	193	86	9.6	3	<1	605	22	1	21	4	16	0	0	2	6	
Mashed Potatoes w/Gravy	136	124	42	5	1	<1	387	18	1	17	2	8	2	4	0	2	
Green Beans	98	27	0	0.6	0.2	3	424	3	1.3	1.7	3	12	9	4	2	0	
Baked Beans	143	308	14	1	<1	4	744	47	7	40	7	28	8	6	15	30	
Cole Slaw	128	188	90	10	2	5	290	22	3	19	1	4	26	38	3	0	
Potato Salad	130	182	81	9	2	5	380	23	1	22	2	8	0	9	0	2	
Corn on the Cob	160	154	25	3	1	0	11	25	7	18	5	20	0	10	6	6	
Macaroni & Cheese	270	128	48	6	2	5	580	15	1	14	5	20	9	4	9	4	
Italian Pasta Salad	140	160	80	9	1.5	0	660	17	2	15	4	16	45	4	2	8	
Breaded Dill Pickle Spears	105	110	0	0.5	0	0	930	22	2	20	3	12	4	4	2	4	
Potato Wedges	128	270	108	12	4	0	650	26	3	23	5	20	0	7	2	12	
Sauces																	
Honey Mustard	43	240	210	24	3.5	25	180	7	0	7	1	4	0	0	0	0	
BBQ	43	70	15	1.5	0	0	370	15	0	15	0	0	0	4	0	2	
Buffalo	43	20	5	1	5	0	1100	2	0	2	0	0	10	8	2	0	
Ranch	43	270	260	29	4.5	5	380	2	0	2	0	0	0	0	2	0	
Spicy Pepper	43	90	45	5	1	0	440	11	0	5	0	0	6	0	0	2	
Chipotle Ranch	43	170	160	18	2.5	10	460	3	0	3	0	0	0	0	2	0	
Sweet & Sour	43	60	0	0	0	0	250	16	0	6	0	0	0	2	0	0	
Beverages																	
Pepsi	20 oz.	250	0	0	0	0	50	56	0	56	0	0	0	0	0	0	
Pepsi	32 oz.	400	0	0	0	0	65	70	0	70	0	0	0	0	0	0	
Diet Pepsi	20 oz.	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0	
Diet Pepsi	32 oz.	0	0	0	0	0	65	0	0	0	0	0	0	0	0	0	
Sierra Mist	20 oz.	250	0	0	0	0	40	54	0	54	0	0	0	0	0	0	
Sierra Mist	32 oz.	400	0	0	0	0	50	68	0	68	0	0	0	0	0	0	
Mug Root Beer	20 oz.	250	0	0	0	0	40	65	0	65	0	0	0	0	0	0	
Mug Root Beer	32 oz.	400	0	0	0	0	60	104	0	104	0	0	0	0	0	0	
Wild Cherry Pepsi	20 oz.	250	0	0	0	0	50	70	0	70	0	0	0	0	0	0	
Wild Cherry Pepsi	32 oz.	400	0	0	0	0	80	112	0	112	0	0	0	0	0	0	
Strawberry	20 oz.	280	0	0	0	0	125	73	0	73	0	0	0	0	0	0	
Strawberry	32 oz.	440	0	0	0	0	200	116	0	116	0	0	0	0	0	0	
Orange	20 oz.	280	0	0	0	0	65	78	0	78	0	0	0	0	0	0	
Orange	32 oz.	440	0	0	0	0	100	124	0	124	0	0	0	0	0	0	

NOTE: Nutritional information is based on data provided by suppliers and manufacturers and/or calculated using USDA values and guidelines and/or actual laboratory analysis. These values may vary due to actual portion sizes delivered at the restaurant.