

2025 NUTRITION FACTS



Better For You

Chicken Fajita Pita made with Whole Grain (no salsa)
Chicken Teriyaki Bowl

Garden Salad with Grilled Chicken*
Jr. Jumbo Jack®^

* Nutrition information does not include salad dressing or crunchiness toppings.
^Buns contain sesame in some regions.

Burgers & More

Bacon Double Smashed Jack™
Bacon & Swiss Buttery Jack™

Bacon Ultimate Cheeseburger™^
Cheeseburger^

Classic Buttery Jack™
Classic Smashed Jack™

Double Jack®^
Hamburger^

Jr. Bacon Cheeseburger^
Jr. Jumbo Jack®^

Jr. Jumbo Jack® Cheeseburger^
Jumbo Jack®^

Jumbo Jack® Cheeseburger^
Sourdough Jack®

Ultimate Cheeseburger™^
^Buns contain sesame in some regions.

Chicken & More

Chicken Fajita Pita made with Whole Grain (with salsa)
Chicken Fajita Pita made with Whole Grain (no salsa)

Chicken Nuggets (4 pc.)
Chicken Nuggets (8 pc.)

Chicken Sandwich^
Chicken Sandwich with Bacon^

Chicken Teriyaki Bowl^
Crispy Chicken Strips (3 pc.)

Crispy Chicken Strips (5 pc.)
Fish Sandwich (seasonal)^

Homestyle Ranch Chicken Club
Jack's Spicy Chicken Sandwich^

Jack's Spicy Chicken Sandwich with Cheese^
Sourdough Grilled Chicken Club

The Cluck Chicken Sandwich
^Buns contain sesame in some regions.

Salads

Garden Salad with Crispy Chicken Strips*
Garden Salad with Grilled Chicken*

Side Salad*
Southwest Salad with Crispy Chicken Strips*

Southwest Salad with Grilled Chicken*
Buttermilk Ranch Dressing

Hidden Valley® Balsamic Vinaigrette Dressing
Tri-Colored Tortilla Strips

Wheat Caesar Croutons#
Creamy Southwest Dressing

* Nutrition information does not include salad dressing or crunchiness toppings.

Snacks & Sides

Egg Roll (1 pc.)
Egg Roll (3 pc.)

French Fries (Small)
French Fries (Medium)

French Fries (Large)
Panko Onion Rings

Seasoned Curly Fries (Small)
Seasoned Curly Fries (Medium)

Seasoned Curly Fries (Large)
Side Salad*

Stuffed Jalapeños (3 pc.)
Stuffed Jalapeños (7 pc.)

Taco, Regular (1 Taco)
Taco, Tiny (13 pc.)

Taco, Tiny (Sauced & Loaded)
Tree Top® Apple Sauce Pouch

* Nutrition information does not include salad dressing or crunchiness toppings.

Breakfast

Bacon Breakfast Jack®^

Breakfast Jack®^
Classic French Toast Sticks (3pc)

Classic French Toast Sticks (6pc)
Classic French Toast Sticks Platter with Bacon

Classic French Toast Sticks Platter with Bacon & Sausage
Classic French Toast Sticks Platter with Sausage

Extreme Sausage® Sandwich^
Hash Brown

Loaded Breakfast Sandwich^
Meat Lovers Breakfast Burrito (with salsa)

Meat Lovers Breakfast Burrito (no salsa)
Mini Pancakes (8 pc.)

Sausage Breakfast Jack®^
Sausage Croissant

Sourdough Breakfast Sandwich
Supreme Croissant

Ultimate Breakfast Sandwich ^
^Buns contain sesame in some regions.

Jack's Munchie Meals®

Jack's Spicy Chicken Sandwich^
The Cluck Chicken Sandwich

Ultimate Cheeseburger™^
Double Jack®^

Halfsies (a la carte)
Halfsies (in Munchie Meal)

Onion Rings (4 pc)
Two Tacos

Seasoned Curly Fries (Medium)
French Fries (Medium)

* Nutrition information includes 20fl. oz Coca Cola (Small Drink).
^Buns contain sesame in some regions.

ALLERGEN KEY

M - Milk F - Fish ss - Sesame
E - Eggs C - Crustaceans W - Wheat
P - Peanuts Shellfish
T - Tree Nuts S - Soy

> Our Pita Bread is processed in a facility that also processes Milk, Soy and Sesame.

Wheat Caesar Croutons are packaged in a facility that also packages Tree Nuts.

~Our Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts.

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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SMW	236	310	80	9	4.5	0	55	790	370	34	4	3	24
SWss	487	610	50	6	1	0	55	2310	630	109	3	33	30
M	257	200	60	7	3.5	0	70	810	650	9	3	2	25
SEMWss	151	400	230	25	6	0.5	30	700	210	31	1	5	14

SEMW	339	1120	750	83	30	4.5	170	2070	740	49	2	9	45
SEMWW	221	800	480	53	23	2.5	125	1210	410	48	3	11	34
SEMWss	273	930	590	65	25	3	165	1960	570	32	1	6	55
SMWss	120	370	190	21	7	0.5	35	880	150	30	1	4	16
SEMWW	279	780	460	51	23	2.5	115	1030	470	51	4	13	31
SEMWW	229	720	440	48	18	2.5	90	1380	430	46	2	7	26
SEMWss	313	830	520	58	21	3	140	1430	590	33	2	7	46
SMWss	108	330	160	18	5	0.5	25	680	140	30	1	4	13
SEMWss	130	470	280	31	9	1	45	1000	190	30	1	5	18
SEMWss	151	400	230	25	6	0.5	30	700	210	31	1	5	14
SEMWss	162	440	260	29	8	1	40	900	220	31	1	5	16
SEMWss	216	520	300	33	10	1.5	60	700	370	32	2	6	23
SEMWss	38	600	360	40	14	1.5	80	1110	400	33	2	6	28
SEMWW	224	690	400	44	15	1.5	90	1300	430	39	3	7	33
SEMWss	254	840	530	59	23	3	150	1550	480	31	1	5	47

SMW	259	320	80	9	4.5	0	55	910	380	36	4	4	24
SMW	236	310	80	9	4.5	0	55	790	370	34	4	3	24
SMW	61	190	120	13	2	0	20	480	135	10	1	0	8
SMW	122	380	240	27	3.5	0	40	970	270	20	2	0	15
SEMWss	181	560	350	38	6	0	40	940	240	40	2	4	15
SEMWss	190	610	370	42	7	0	45	1150	290	40	2	4	19
SWss	487	610	50	6	1	0	55	2310	630	109	3	33	30
MW	180	470	210	23	2.5	0	85	1760	420	32	3	2	33
MW	301	780	350	38	4	0	145	2940	700	53	5	3	54
SEFWss	185	450	210	23	3	0	35	1000	290	47	2	6	16
SEMWW	306	790	380	42	9	0	70	1930	550	69	5	6	35
SEWss	265	690	380	42	6	0	55	1360	440	51	3	4	27
SEMWss	277	720	410	45	7	0	65	1510	450	51	3	5	29
SEMWW	283	500	210	23	4.5	0	80	1440	600	40	3	7	33
SEMWW	229	710	330	37	6	0	45	1610	390	68	4	5	28

MW	248	410	190	21	5	0	75	1330	660	28	4	3	28
M	257	200	60	7	3.5	0	70	810	650	9	3	2	25
M	79	50	30	3.5	2	0	10	90	180	3	1	1	3
MW	355	500	190	22	5	0	75	1340	870	44	9	6	32
M	335	280	70	8	4	0	70	810	860	25	7	5	30
EM	50	250	230	26	4.5	0	20	380	50	4	0	1	1
	43	150	140	15	2.5	0	0	250	25	4	0	4	0
	14	70	40	4.5	0	0	0	35	0	8	1	0	1
MW	14	60	20	2	0	0	0	160	30	9	1	1	2
EM	50	190	170	19	3	0	20	740	55	3	0	1	1

SEFW	88	210	110	12	2.5	0	10	490	280	20	2	3	7
SEFW	258	570	270	30	8	0	30	1470	850	60	6	9	21
	94	300	120	14	1	0	0	540	380	40	3	0	3
	137	430	180	20	2	0	0	780	550	58	4	0	5
	176	550	230	25	2.5	0	0	1010	720	75	5	1	6
SMW	118	440	210	24	2	0	0	620	150	52	3	5	6
W	85	280	150	16	1.5	0	0	610	350	30	3	0	3
W	130	430	220	25	2	0	0	940	530	46	4	0	5
W	147	480	250	28	2.5	0	0	1060	600	52	4	0	6
M	79	50	30	3.5	2	0	10	90	180	3	1	1	3
MW	71	220	110	12	4.5	0	15	730	90	21	1	2	6
MW		510	260	29	10	0.5	40	1690	210	49	3	5	14
SMW	81	170	80	9	3	0	15	360	180	16	2	1	6
W	169	460	190	21	3.5	0	50	670	500	53	5	2	14
SMW	257	600	300	33	8	0	65	1230	580	59	6	4	19
	91	45	0	0	0	0	0	0	95	10	1	10	0

SEMWss	123	380	190	21	7	0	240	850	190	30	1	4	17
SEMWW	128	410	230	25	12	0	240	1180	190	26	2	3	16
SW	64	230	110	12	1.5	0	0	240	70	26	1	6	4
SW	128	460	220	24	2.5	0	0	490	140	52	3	12	9
SEMWW	231	620	350	39	7	0	315	1260	470	44	3	7	23
SEMWW	270	780	490	54	12	0	345	1530	560	45	3	7	29
SEMWW	251	700	430	48	10	0	330	1110	470	44	3	7	21
SMW	68	260	120	14	7	0	0	690	75	25	2	2	5
	64	190	110	13	1	0	0	350	230	17	2	0	2
SEMWss	239	690	410	46	16	0	515	1620	410	36	2	4	35
SEMWW	228	580	300	34	12	0	500	1490	390	36	2	4	36
W	64	190	110	13	1	0	0	350	230	17	2	0	2
SEMWW	247	540	260	29	6	0	345	1390	410	47	3	7	23
SEMWW	267	620	350	39	9	0	360	1250	410	47	3	7	21
SEMWW	242	710	420	47	16	0	515	1690	420	36	2	4	36
SEMWW	311	810	460	51	22	0.5	390	1630	370	50	3	4	40
SEMWW	286	790	450	50	22	0.5	390	1500	360	48	3	3	39
SEMWss	211	510	270	30	10	0	485	1470	310	30	1	4	29

SEWss	265	690	380	42	6	0	55	1360	440	51	3	4	27
SEMWW	229	710	330	37	6	0	45	1610	390	68	4	5	28
SEMWss	254	840	530	59	23	3	150	1550	480	31	1	5	47
SEMWss	313	830	520	58	21	3	140	1430	590	33	2	7	46
W	122	390	190	21	2	0	0	810	500	46	4	0	5
W	140	450	220	24	2	0	0	930	570	53	4	0	5
MW	59	220	110	12	1	0	0	310	75	26	1	3	3
SMW	167	350	170	19	6	0.5	25	770	360	33	5	2	12
W	130	430	220	25	2	0	0	940	530	46	4	0	5