

2023 NUTRITION FACTS



Better For You

- Chicken Fajita Pita made with Whole Grain (no salsa)
 - Chicken Teriyaki Bowl
 - Grilled Chicken Salad*
 - Jr. Jumbo Jack®^
- * Nutrition information does not include salad dressing or crunchiness toppings.
^Buns contain sesame in some regions.

Burgers & More

- Bacon & Swiss Buttery Jack®
 - Bacon Ultimate Cheeseburger™^
 - Cheeseburger^
 - Classic Buttery 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 (5 pc.)
 - Chicken Nuggets (10 pc.)
 - Chicken Sandwich^
 - Chicken Sandwich with Bacon^
 - Chicken Teriyaki Bowl
 - Crispy Chicken Strips (4 pc.)
 - Crispy Chicken Strips (6 pc.)
 - Deluxe Fish Sandwich (seasonal)^
 - Fish Sandwich (seasonal)^
 - Homestyle Ranch Chicken Club
 - Jack's Spicy Chicken®^
 - Jack's Spicy Chicken® with Cheese^
 - Grilled Chicken Sandwich
 - The Cluck Chicken Sandwich
- *Buns contain sesame in some regions.

Salads

- Chicken Club Salad with Crispy Chicken Strips*
- Chicken Club Salad with Grilled Chicken*
- Chicken Club Salad with Julienne Chicken*
- Grilled Chicken Salad with Crispy Chicken Strips*
- Grilled Chicken Salad with Grilled Chicken*
- Grilled Chicken Salad with Julienne Chicken*
- Side Salad*
- Southwest Chicken Salad with Crispy Chicken Strips*
- Southwest Chicken Salad with Grilled Chicken*
- Southwest Chicken Salad with Julienne Chicken*
- Creamy Southwest Dressing
- Gourmet Seasoned Croutons
- Low Fat Balsamic Vinaigrette Dressing
- Ranch Dressing
- Spicy Corn Sticks

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

Snacks & Sides

- Bacon Cheddar Fries
- Bacon Nacho Tacos
- 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®^
 - Bacon, Egg & Cheese Biscuit
 - Biscuit (a la carte)
 - Breakfast Jack®^
 - Extreme Sausage® Sandwich^
 - Grande Sausage Breakfast Burrito (with salsa)
 - Grande Sausage Breakfast Burrito (no salsa)
 - Grilled Sourdough Swiss Sandwich
 - Hash Browns
 - Jumbo Breakfast Platter with Bacon
 - Jumbo Breakfast Platter with Sausage
 - Loaded Breakfast Sandwich
 - Meat Lovers Breakfast Burrito (with salsa)
 - Meat Lovers Breakfast Burrito (no salsa)
 - Mini Pancakes (8 pc.)
 - Sausage Biscuit
 - Sausage Breakfast Jack®^
 - Sausage Croissant
 - Sausage, Egg & Cheese Biscuit
 - Sourdough Breakfast Sandwich
 - Spicy Chicken Biscuit
 - Supreme Croissant
 - Ultimate Breakfast Sandwich^
- ^Buns contain sesame in some regions.

Jack's Munchie Meals®

- Chick-N-Tater Melt Munchie Meal®
 - Spicy Nacho Chicken Munchie Meal™^
 - Sriracha Curly Fry Burger Munchie Meal™^
 - Stacked Grilled Cheese Burger Munchie Meal®
 - Halfies (a la carte)
 - Halfies (in Munchie Meal)
- * Nutrition information includes 20% or Coca-Cola (Small Drink).
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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	225	320	80	9	4.5	0	60	670	590	34	3	3	27
SWss	487	630	60	6	1.5	0	65	2120	1000	109	3	34	34
SM	345	220	80	9	4	0	65	520	740	14	4	4	23
SEMWss	151	400	230	25	6	0.5	30	700	210	31	1	5	14

SEMWW	215	810	470	53	22	2	125	1330	400	48	3	11	38
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	271	790	460	51	21	2	110	1030	430	51	4	13	33
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	227	700	410	45	15	1.5	95	1370	450	39	3	7	35
SEMWss	254	840	530	59	23	3	150	1550	480	31	1	5	47

SMW	247	330	80	9	4.5	0	60	790	590	35	4	4	27
SMW	225	320	80	9	4.5	0	60	670	590	34	3	3	27
SMW	77	240	150	17	2	0	25	600	170	13	1	0	9
SMW	153	480	300	33	4.5	0	50	1210	340	26	2	0	19
SEMWss	173	510	290	32	5	0	35	900	240	40	2	3	15
SEMWss	169	550	310	35	7	0	45	1170	280	40	2	4	20
SWss	487	630	60	6	1.5	0	65	2120	1000	109	3	34	34
MW	240	620	280	31	3	0	115	2350	560	42	4	2	44
MW	361	930	420	46	5	0	170	3520	840	63	6	4	65
SEFMWss	324	710	330	36	8	0	75	1880	590	65	4	7	31
SEFMWss	185	450	210	23	3	0	35	1000	290	47	2	6	16
SEMWW	290	700	320	36	7	0	70	1850	450	60	4	8	35
SEMWss	256	620	310	34	4.5	0	50	1320	430	50	3	4	27
SEMWss	279	690	360	40	8	0	70	1600	460	52	3	5	32
SEMWW	283	500	210	23	4.5	0	80	1440	600	40	3	7	33
EMW	223	670	320	36	5	0	50	1580	300	60	3	9	28

MW	371	540	280	31	9	0	95	1620	720	29	5	4	37
SM	381	220	80	8	2.5	0	60	700	800	13	3	5	25
M	350	350	160	18	8	0	105	910	1090	10	3	5	39
MW	366	420	190	21	4.5	0	70	1300	780	31	6	6	28
SM	345	220	80	9	4	0	65	520	740	14	4	4	23
M	345	230	70	8	3.5	0	80	590	1150	12	4	4	23
	115	20	0	0	0	0	10	230	4	2	2	1	
MW	422	530	230	26	7	0	85	1560	830	45	9	5	34
SM	401	340	130	14	7	0	75	780	790	28	7	4	29
SM	401	340	110	13	6	0	75	780	790	28	7	4	29
EM	50	190	170	19	3	0	20	740	55	3	0	1	1
SMW	14	70	25	3	0	0	150	10	9	0	1	1	
	43	25	15	1.5	0	0	0	370	40	3	0	2	0
SEM	50	250	220	25	4	0	25	410	55	5	0	1	1
	12	60	25	2.5	0	0	0	60	25	8	1	0	1

SMW	190	580	310	34	7	0	30	1330	530	54	4	2	15
SMW	163	510	290	32	9	0.5	45	1020	340	35	4	2	20
SEFW	88	210	110	12	2.5	0	10	490	280	20	2	3	7
SEFMW	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
	115	20	0	0	0	0	10	230	4	2	2	1	
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
SMW	68	260	120	14	7	0	0	690	75	25	2	2	5
SEMWss	132	350	170	18	6	0	240	840	190	30	1	4	16
SEMWss	192	650	440	49	16	0.5	295	1140	280	29	1	3	25
SEMWW	393	1070	650	72	21	0.5	370	2210	550	70	5	5	36
SEMWW	369	1060	640	71	21	0.5	370	2090	540	69	4	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
SEMWW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
SMW	107	430	260	29	12	0	30	960	280	26	2	3	11
SEMWss	152	500	300	34	11	0.5	265	920	230	30	1	4	19
SEMWW	146	480	300	33	13	0	265	740	200	28	1	4	18
SEMWW	158	530	340	38	16	0	265	1240	230	27	2	3	18
SEMWW	152	410	190	21	8	0	250	1010	220	35	2	4	20
SEMWW	194	590	300	33	9	0	45	1540	310	49	3	2	25
SEMWW	135	370	190	21	9	0	250	860	210	28	1	5	18
SEMWss	214	520	280	31	11	0	490	1540	330	30	1	4	31

SEMWW	1220	1940	930	103	25	1.5	110	3420	1490	215	12	77	43
SMWss	1221	1880	810	89	14	1	80	3740	1390	227	14	77	49
SEMWss	1122	1720	790	87	20	2	105	2890	1340	196	11	75	44
SEMWW	1219	1870	830	92	27	2.5	130	3400	1430	211	13	78	55
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

Old-Fashioned Shakes & Desserts

- Chocolate Overload™ Cake
- Mini Churros (5 pc.)
- New York Style Cheesecake
- Shake, Chocolate with Whipped Topping - 16 fl. oz.
- Shake, Chocolate with Whipped Topping - 24 fl. oz.
- Shake, OREO® Cookie with Whipped Topping 16 fl. oz.
- Shake, OREO® Cookie with Whipped Topping - 24 fl. oz.
- Shake, Strawberry with Wh