

2019 NUTRITION FACTS



Better for You

- Chicken Fajita Pita made with Whole Grain (no salsa)
- Chicken Teriyaki Bowl
- Chiquita® Apple Bites with Caramel Dip
- Grilled Chicken Salad*
- Jr. Jumbo Jack®

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

Breakfast®

- Bacon & Egg Chicken Sandwich
- Brunch Burger
- Homestyle Potatoes
- Mini Pancakes (8 pc.)
- Country Scrambler Plate

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®
- Spicy Sriracha Burger
- Ultimate Cheeseburger™

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.)
- Fish Sandwich (seasonal)
- Homestyle Ranch Chicken Club
- Jack's Spicy Chicken®
- Jack's Spicy Chicken® with Cheese
- Sourdough Grilled Chicken Club

Salads

- Chicken Club Salad with Crispy Chicken*
- Chicken Club Salad with Grilled Chicken*
- Grilled Chicken Salad*
- Side Salad*
- Southwest Chicken Salad with Crispy Chicken*
- Southwest Chicken Salad with Grilled 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 Potato Wedges
- Bacon Ranch Monster Taco®
- Chiquita® Apple Bites with Caramel Dip
- Egg Roll (1 pc.)
- Egg Roll (3 pc.)
- French Fries (Small)
- French Fries (Medium)
- French Fries (Large)
- Panko Onion Rings
- Monster Taco®
- Nacho Monster Taco®
- 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)

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

Breakfast

- Bacon Breakfast Jack®
- Bacon, Egg & Cheese Biscuit
- Biscuit (à 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

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 (à la carte)
- Halfies (in Munchie Meal)

* Nutrition information includes 20fl. oz Coca Cola (Small Drink).

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)
-----------	------------------	----------------------	-------------------	---------------	-------------------	---------------	------------------	-------------	----------------	------------------------	-------------------	-----------	-------------

SMW	220	340	110	12	6	0	55	1000	220	35	4	3	23
SW	499	690	50	6	1	0	40	1910	380	134	5	35	27
M	76	70	0	0	0	0	0	55	85	17	2	13	0
SM	372	250	90	9	4.5	0	80	750	830	13	5	6	30
SEMW	150	420	230	26	7	1	30	560	240	33	2	6	14

SEMW	240	650	350	39	11	0.5	300	1630	480	37	2	1	37
SEMW	215	770	500	55	22	2	320	730	380	32	2	3	37
SEMW	165	260	110	12	2.5	0	0	580	490	34	3	1	4
SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
SEMW	354	770	490	54	17	0	380	1810	0	37	3	3	33

SEMW	240	890	530	59	25	2	145	1350	440	48	3	11	42
SEMW	272	930	590	65	25	3	165	1590	570	32	1	6	55
SMW	123	380	190	21	8	1	35	780	190	32	1	5	16
SEMW	270	820	470	52	23	1.5	130	1150	480	50	4	12	37
SEMW	319	830	520	58	22	3	140	1130	600	34	2	7	46
SMW	111	340	160	18	5	1	25	570	180	32	1	5	14
SEMW	129	480	280	31	10	1	45	860	220	32	1	5	19
SEMW	150	420	230	26	7	1	30	560	240	33	2	6	14
SEMW	161	460	260	29	9	1	40	760	260	33	2	6	16
SEMW	223	520	300	33	10	1.5	60	580	370	32	2	6	23
SEMW	245	600	360	40	14	1.5	80	990	400	33	2	6	28
SEMW	227	700	410	45	15	1.5	95	1180	450	39	3	7	35
SEMW	247	680	400	45	14	1.5	90	1330	470	38	3	6	33
SEMW	253	840	530	59	23	3	150	1180	470	31	1	5	47

SMW	244	350	110	12	6	0	55	1120	230	36	4	4	24
SMW	220	340	110	12	6	0	55	1000	220	35	4	3	23
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
SEMW	173	510	290	32	5	0	35	900	240	40	2	3	15
SEMW	169	550	310	35	7	0	45	1170	280	40	2	4	20
SW	499	690	50	6	1	0	40	1910	380	134	5	35	27
SEMW	195	560	220	24	3	0	60	1580	550	53	3	0	33
SEFMW	173	410	170	19	3	0	30	890	280	45	2	4	16
SEMW	267	710	290	33	8	0	80	1880	590	66	4	12	40
SEMW	232	550	260	29	5	0	55	770	460	48	2	5	26
SEMW	255	630	320	35	8	0.5	70	1060	490	49	2	5	30
SEMW	266	580	270	30	8	0	95	1500	610	38	3	6	39

SMW	375	510	250	28	9	0	70	1230	730	36	5	4	32
SM	376	370	180	20	9	0	105	1060	780	11	4	5	39
SM	372	250	90	9	4.5	0	80	750	830	13	5	6	30
	115	20	0	0	0	0	10	230	4	2	2	1	
SMW	428	500	210	23	7	0	55	1260	830	52	8	5	28
SM	430	350	140	15	6	0	90	1090	880	27	7	6	35
EM	50	190	170	19	3	0	20	740	55	3	0	1	1
SEMW	14	70	25	3	0	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	252	680	370	41	9	0	30	1250	810	58	5	2	17
SEMW	117	340	220	24	6	0.5	30	660	290	19	1	1	11
M	76	70	0	0	0	0	0	55	85	17	2	13	0
SEFW	58	150	70	7	1.5	0	5	320	140	15	2	2	5
SEFW	174	440	200	22	5	0	20	950	430	46	7	6	16
	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
SMW	118	270	150	17	6	0.5	25	630	250	19	2	1	9
SEMW	136	330	200	22	6	0.5	15	930	240	23	2	2	9
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	0	10	230	4	2	2	1
MW	71	220	110	12	4.5	0	15	730	90	21	1	2	6
MW	165	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

SEMW	123	380	190	21	7	0	240	850	190	30	1	4	17
SEMW	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
SEMW	132	350	170	18	6	0	240	840	190	30	1	4	16
SEMW	192	650	440	49	16	0.5	295	1140	280	29	1	3	25
SEMW	381	1040	630	70	20	0.5	390	2130	530	68	5	5	36
SEMW	358	1040	630	70	20	0.5	390	2010	520	67	4	4	35
SEMW	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
SEMW	247	540	260	29	6	0	345	1390	410	47	3	7	23
SEMW	267	620	350	39	9	0	360	1250	410	47	3	7	21
SEMW	242	710	420	47	16	0	515	1690	420	36	2	4	36
SEMW	316	790	450	50	21	0.5	410	1710	370	50	3	4	39
SEMW	292	780	450	50	21	0.5	410	1590	360	48	2	3	39
SEMW	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
SEMW	152	500	300	34	11	0.5	265	920	230	30	1	4	19
SEMW	159	560	350	39	16	0.5	275	760	220	32	2	3	19
SEMW	158	530	340	38	16	0	265	1240	230	27	2	3	18
SEMW	152	410	190	21	8	0	250	1010	220	35	2	4	20
SEMW	170	550	260	29	9	0	50	1110	380	44	2	3	25
SEMW	148	450	240	27	12	0.5	260	890	230	32	2	4	19
SEMW	214	520	280	31	11	0	490	1540	330	30	1	4	31

SEMW	1213	2010	980	109	28	1.5	120	3470	1510	220	13	76	44
SEMW	1199	1790	720	80	14	1	80	3260	1430	224	13	78	48
SEMW	1121	1720	790	87	20	2.5	105	2700	1340	196	11	75	44
SEMW	1241	1890	840	94	27	2.5	130	3660	1460	213	13	79	56
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