

NUTRITION FACTS



Better for You
Chicken Fajita Plate made with Whole Grain (no salsa)
Chicken Teriyaki Bowl
Chiquit® Apple Bites with Caramel Dip
Grilled Chicken Salad*
Jr. Jumbo Jack®
*Nutrition information does not include salad dressing or crunch toppings.

	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)
SEMW		220	340	110	12	6	0	55	1000	220	35	4	3	23
SW		690	50	6	1	0	40	1910	380	134	5	35	27	
M		76	70	0	0	0	0	55	15	17	2	13	0	
SM		372	250	90	9	4.5	0	80	750	850	13	6	6	30
SEMW		500	420	230	26	7	1	30	560	240	33	2	6	14

Brunch/Asst™
Bacon & Egg Chicken Sandwich
Brunch Burger
Mini Pancakes (8 pc.)
Homestyle Potatoes
Orange & Cranberry Mini Muffins
Southwest Scrambler Plate with Bacon
Southwest Scrambler Plate with Sausage
Mini Pancakes (8 pc.)

SEMW	240	660	350	39	11	0.8	300	1630	480	37	2	1	37	
SEMW	215	770	500	55	22	2	330	730	380	32	2	3	37	
SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4	
SEMW	165	260	110	12	2.5	0	0	580	490	34	3	20	4	
SEMW	75	300	50	16	3	0	0	300	350	34	1	20	4	
SEMW	307	500	260	28	9	0	0	325	1380	690	38	4	3	23
SEMW	327	580	340	38	12	0	0	340	1230	690	38	4	2	21
SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4	

Burgers & More
Bacon & Swiss Butterly 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
Sour dough Jack®
Spicy Sriracha Burger
Ultimate Cheeseburger™

SEMW	340	690	530	59	35	2	145	1350	440	48	3	11	42	
SEMW	272	930	590	65	25	3	165	1560	570	32	1	6	55	
SEMW	123	380	190	21	8	1	3	780	190	32	1	5	16	
SEMW	270	620	470	52	23	1.5	130	1150	480	30	4	12	37	
SEMW	150	290	150	15	5	0	0	960	240	32	1	5	14	
SEMW	319	630	520	58	22	3	140	1130	600	34	2	7	46	
SEMW	111	340	160	18	6	1	25	870	180	32	1	5	14	
SEMW	129	490	280	31	10	1	45	980	220	35	1	5	19	
SEMW	150	290	150	15	5	0	0	960	240	32	1	5	14	
SEMW	161	460	260	29	9	1	40	760	260	33	2	6	16	
SEMW	223	520	340	33	10	1.5	60	580	370	32	2	6	23	
SEMW	245	600	360	40	15	2	80	660	460	38	3	7	26	
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	8	33	
SEMW	253	640	330	59	23	3	100	1160	470	31	1	5	47	

Chicken & More
Chicken Fajita Plate made with Whole Grain (no salsa)
Chicken Fajita Plate made with Whole Grain (with salsa)
Chicken Nuggets (5 pc.)
Chicken Nuggets (10 pc.)
Chicken Nuggets (20 pc.)
Chicken Sandwich
Chicken Sandwich with Bacon
Crispy Chicken Strips (4 pc.)
Fish Sandwich (seasonal)
Homestyle Ranch Chicken Club
Jack's Spicy Chicken®
Jack's Spicy Chicken® with Cheese
Sour dough Grilled Chicken Club

SEMW	244	350	110	12	6	0	55	1120	230	36	4	4	24	
SEMW	220	340	110	12	6	0	55	1000	220	35	4	3	23	
SEMW	77	240	150	17	2	0	25	900	170	13	1	0	9	
SEMW	153	480	280	30	9	0	0	270	900	30	2	6	16	
SEMW	308	950	600	66	9	0	105	2420	600	51	4	1	38	
SEMW	156	510	280	31	5	0	35	940	250	42	2	4	15	
SEMW	169	620	310	31	6	0	45	1120	310	42	2	4	21	
SEMW	195	560	220	24	3	0	60	1580	53	2	0	3	33	
SEMW	173	410	170	19	3	0	30	890	280	45	2	4	16	
SEMW	287	710	290	33	8	0	80	1980	96	4	12	40		
SEMW	245	600	260	29	5	0	25	1960	460	48	2	4	26	
SEMW	255	630	320	35	8	0.5	70	1060	460	49	2	6	30	
SEMW	266	580	270	30	8	0	95	1500	610	38	3	6	39	

Something Different
Bacon Ranch Monster Taco™
Chicken Teriyaki Bowl
Monster Taco™
Nachos Monster Taco™

SEMW	117	340	220	24	6	0.5	30	660	290	19	1	1	11	
SW	499	690	50	6	0	0	40	1910	380	134	5	35	27	
SEMW	118	270	150	17	2	0	25	930	250	19	2	1	9	
SEMW	136	330	200	22	6	0.5	15	930	240	23	2	2	9	

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 crunch toppings.

SEMW	375	510	250	29	9	0	70	1230	730	36	5	4	32	
SM	378	370	180	20	6	0	105	1660	760	11	4	5	39	
SM	372	250	90	9	4.5	0	75	830	13	5	6	30		
SEMW	115	20	0	0	0	0	0	10	230	4	2	2	1	
SEMW	428	500	210	23	7	0	55	1280	830	52	8	5	28	
SEMW	65	250	140	15	6	0	90	590	670	27	2	4	6	
EM	50	190	170	19	3	0	20	740	55	3	0	1	1	
SEMW	14	75	25	3	0	0	0	150	10	9	0	1	1	
EM	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	
SEM	12	60	25	2.5	0	0	0	60	25	6	1	0	1	

Snacks & Sides
Bacon Cheddar Potato Wedges
Chiquit® Apple Bites
Egg Roll (1 pc.)
Egg Roll (5 pc.)
French Fries (Small)
French Fries (Medium)
French Fries (Large)
Franken Onion Rings
Seasoned Curly Fries (Small)
Seasoned Curly Fries (Medium)
Seasoned Curly Fries (Large)
Side Salad*
Stuffed Jalapeños (2 pc.)
Taco, Regular (1 Taco)
*Nutrition information does not include salad dressing or crunch toppings.

SEMW	252	680	370	41	9	0	30	1250	810	58	5	2	17	
SEFW	58	150	70	7	1.5	0	5	320	140	15	2	2	5	
SEFW	174	440	200	22	6	0	20	560	430	46	7	6	16	
SEMW	94	300	120	14	1	0	0	540	380	40	3	2	6	
SEMW	137	430	180	20	2	0	0	780	550	58	4	6	5	
SEMW	178	560	230	25	2.5	0	0	1010	220	75	5	1	6	
SEMW	118	440	210	24	2	0	0	620	320	32	3	3	5	
W	85	280	150	16	1.5	0	0	810	350	30	3	0	3	
W	130	430	220	25	2	0	0	940	530	48	4	0	5	
W	147	480	250	28	2.5	0	0	1060	620	52	4	0	6	
SEM	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	105	310	260	29	10	0.5	40	1060	210	49	3	3	14	
SEMW	91	170	60	9	3	0	15	390	150	16	2	1	6	

Breakfast
Bacon Breakfast Jack®
Bacon, Egg & Cheese Biscuit
Biscuit (a la carte)
Breakfast Jack®
Extreme Sausage® Sandwich
Grande Breakfast Burrito (no salsa)
Grande Sausage Breakfast Burrito (with salsa)
Grilled Breakfast Sandwich
Hash Browns
Jr. Bacon Cheeseburger
Jr. Jumbo Jack®
Jr. Jumbo Jack® Cheeseburger
Jumbo Jack®
Jumbo Jack® Cheeseburger
Taco, Regular (1 Taco)
Ultimate Breakfast Sandwich

SEMW	123	380	190	21	7	0	240	850	190	30	1	4	17	
SEMW	128	410	230	29	12	0	240	1160	190	28	2	3	16	
SEMW	68	250	120	14	1	0	0	590	240	25	2	4	5	
SEMW	132	350	170	18	6	0	240	840	190	30	1	4	15	
SEMW	129	450	240	26	8	0	250	1140	290	29	1	3	25	
SEMW	381	690	330	37	10	0.5	390	2130	530	68	5	5	36	
SEMW	358	1040	630	70	20	0.5	390	2910	510	67	4	4	35	
SEMW	253	620	280	29	10	0	490	1810	380	53	4	4	36	
W	84	190	110	13	1	0	300	210	17	2	1	2	7	
SEMW	247	540	260	29	6	0	345	1390	410	47	3	7	23	
SEMW	287	620	350	39	9	0	360	1250	410	47	3	7	21	
SEMW	282	710	360	41	6	0	415	1660	420	38	2	4	36	
SEMW	315	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	15	18	0	1	4	
SEMW	107	430	290	29	12	0	30	990	280	26	2	3	11	
SEMW	152	500	300	34	11	0.5	265	920	230	30	1	4	19	
SEMW	159	480	280	39	16	0.5	275	760	220	32	2	3	19	
SEMW	158	290	140	16	0	0	250	1040	230	27	2	3	18	
SEMW	152	410	190	21	8	0	250	1100	220	35	2	4	20	
SEMW	172	550	290	29	8	0	50	1110	380	44	2	3	20	
SEMW	148	450	270	27	12	0.5	250	1090	340	32	2	4	21	
SEMW	214	520	280	31	11	0	490	1540	330	30	1	4	31	

Jack's Munchie Meals®
Chick-N-Tater Melt Munchie Meal®
Spicy Nacho Chick Munchie Meal®
Sriracha Curry Fry Burger Munchie Meal®
Stuffed Grilled Cheese Burger Munchie Meal®
Halfies (a la carte)
Halfies (in Munchie Meal)
*Nutrition information includes 20% oz. Coca Cola (Small Drink).

SEMW	1213	2010	980	108	28	1.5	120	3470	1510	220	13	78	44	
SEMW	1199	1790	720	80	14	1	80	3260	1430	224	13	78	48	
SEMW	1123	1720	870	87	20	2.5	105	2700	1340	186	11	75	44	
SEMW	1241	1890	840	94	27	2.5	130	3660	1460	213	13	79	56	
SEMW	122	390	190	21	2	0	0	810	500	46	4	0	5	
W	140	490</												