



in the box®

Nutrition Facts 2016*

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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Better for You

Chicken Fajita Pita made with Whole Grain (no salsa)

Chicken Teriyaki Bowl

Chiquita® Apple Bites

Grilled Chicken Salad*

Jr. Jack™

SMW	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
	57	30	0	0	0	0	0	0	60	8	1	6	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

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

Burgers & More

Bacon & Swiss Buttery Jack™

Bacon Ultimate Cheeseburger™

Big Cheeseburger

Cheeseburger

Classic Buttery Jack™

Double Jack

Hamburger

Jr. Bacon Cheeseburger

Jr. Jack™

Jr. Jack™ Cheeseburger

Jumbo Jack®

Jumbo Jack® Cheeseburger

Sourdough Jack®

Spicy Sriracha Burger

Ultimate Cheeseburger™

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
SEMW	158	540	330	37	12	1.5	70	700	250	30	1	5	25
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
SEWM	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

Chicken & More

Chicken Fajita Pita made with Whole Grain (with salsa)

Chicken Fajita Pita made with Whole Grain (no salsa)

Chicken Nuggets (5 pc.)

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



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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

Sourdough Grilled Chicken Club

Spicy Nacho Chicken Sandwich

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Chicken Nuggets (10 pc.)	SMW	153	480	300	33	4.5	0	50	1210	340	26	2	0	19
Chicken Nuggets (20 pc.)	SMW	306	950	600	66	9	0	105	2420	690	51	4	1	38
Chicken Sandwich	SEMWW	156	510	280	31	5	0	35	940	250	42	2	4	15
Chicken Sandwich with Bacon	SEMWW	169	560	310	35	7	0.5	45	1210	310	42	2	4	21
Crispy Chicken Strips (4 pc.)	SMW	195	560	220	24	3	0	60	1580	550	53	3	0	33
Fish Sandwich (seasonal)	SEFMW	173	410	170	19	3	0	30	890	280	45	2	4	16
Homestyle Ranch Chicken Club	SEMWW	267	710	290	33	8	0	80	1880	590	66	4	12	40
Jack's Spicy Chicken®	SEMWW	232	550	260	29	5	0	55	770	460	48	2	5	26
Jack's Spicy Chicken® with Cheese	SEMWW	255	630	320	35	8	0.5	70	1060	490	49	2	5	30
Sourdough Grilled Chicken Club	SEMWW	266	580	270	30	8	0	95	1500	610	38	3	6	39
Spicy Nacho Chicken Sandwich	SEMWW	271	750	340	37	7	0	55	1600	490	69	4	7	31

Something Different

Bacon Ranch Monster Taco™

Chicken Teriyaki Bowl

Monster Taco™

Nacho Monster Taco™

Bacon Ranch Monster Taco™	SEMWW	117	340	220	24	6	0.5	30	660	290	19	1	1	11
Chicken Teriyaki Bowl	SW	499	690	50	6	1	0	40	1910	380	134	5	35	27
Monster Taco™	SMW	118	270	150	17	6	0.5	25	630	250	19	2	1	9
Nacho Monster Taco™	SMW	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

Chicken Club Salad with Crispy Chicken*	SMW	375	510	250	28	9	0	70	1230	730	36	5	4	32
Chicken Club Salad with Grilled Chicken*	SM	376	370	180	20	9	0	105	1060	780	11	4	5	39
Grilled Chicken Salad*	SM	372	250	90	9	4.5	0	80	750	830	13	5	6	30
Side Salad*		115	20	0	0	0	0	0	10	230	4	2	2	1
Southwest Chicken Salad with Crispy Chicken*	SMW	428	500	210	23	7	0	55	1260	830	52	8	5	28
Southwest Chicken Salad with Grilled Chicken*	SM	430	350	140	15	6	0	90	1090	880	27	7	6	35
Creamy Southwest Dressing	EM	50	190	170	19	3	0	20	740	55	3	0	1	1
Gourmet Seasoned Croutons	SMW	14	70	25	3	0	0	0	150	10	9	0	1	1
Low Fat Balsamic Vinaigrette Dressing		43	25	15	1.5	0	0	0	370	40	3	0	2	0
Ranch Dressing	SEM	50	250	220	25	4	0	25	410	55	5	0	1	1
Spicy Corn Sticks		12	60	25	2.5	0	0	0	60	25	8	1	0	



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Snacks & Sides

- Bacon Cheddar Potato Wedges
- Chiquita® Apple Bites
- Egg Roll (1 pc.)
- Egg Roll (3 pc.)
- French Fries (Small)
- French Fries (Medium)
- French Fries (Large)
- 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)

SMW	252	680	370	41	9	0	30	1250	810	58	5	2	17
	57	30	0	0	0	0	0	0	60	8	1	6	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	97	450	250	28	2	0	0	620	140	45	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	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

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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 Breakfast Sandwich
- Hash Browns
- Jumbo Breakfast Platter with Bacon
- Jumbo Breakfast Platter with Sausage

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	253	620	260	29	10	0	490	1810	380	53	4	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	24



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Loaded Breakfast Sandwich	SEMW	242	710	420	47	16	0	515	1690	420	36	2	4	36
Meat Lovers Breakfast Burrito (with salsa)	SEMW	316	790	450	50	21	0.5	410	1710	370	50	3	4	39
Meat Lovers Breakfast Burrito (no salsa)	SEMW	292	780	450	50	21	0.5	410	1590	360	48	2	3	39
Mini Pancakes (8 pc.)	SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
Sausage Biscuit	SMW	107	430	260	29	12	0	30	960	280	26	2	3	11
Sausage Breakfast Jack®	SEMW	152	500	300	34	11	0.5	265	920	230	30	1	4	19
Sausage Croissant	SEMW	159	560	350	39	16	0.5	275	760	220	32	2	3	19
Sausage, Egg & Cheese Biscuit	SEMW	158	530	340	38	16	0	265	1240	230	27	2	3	18
Sourdough Breakfast Sandwich	SEMW	152	410	190	21	8	0	250	1010	220	35	2	4	20
Spicy Chicken Biscuit	SEMW	170	550	260	29	9	0	50	1110	380	44	2	3	25
Supreme Croissant	SEMW	148	450	240	27	12	0.5	260	890	230	32	2	4	19
Ultimate Breakfast Sandwich	SEMW	214	520	280	31	11	0	490	1540	330	30	1	4	31

Jack's Munchie Meals™ (9PM - 5AM)

Chick-N-Tater Melt Munchie Meal*	SEMW	1213	2010	980	109	28	1.5	120	3470	1510	220	13	76	44
Hella-Peño Burger Munchie Meal*	SMW	1225	1810	800	89	24	2.5	115	3830	1340	210	12	78	50
Spicy Nacho Chicken Munchie Meal*	SEMW	1199	1790	720	80	14	1	80	3260	1430	224	13	78	48
Stacked Grilled Cheese Burger Munchie Meal*	SEMW	1241	1890	840	94	27	2.5	130	3660	1460	213	13	79	56
Halfies (a la carte)	W	122	390	190	21	2	0	0	810	500	46	4	0	5
Halfies (in Munchie Meal)	W	140	450	220	24	2	0	0	930	570	53	4	0	5

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

Drinks

Dasani® Bottled Water - 16.9 fl. oz.	500	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, Decaf - 12 fl. fl. oz.	340	5	0	0	0	0	0	0	5	170	0	0	0	0
Coffee, Decaf - 16 fl. fl. oz.	454	5	0	0	0	0	0	0	10	220	0	0	0	1
Coffee, Regular - 12 fl. fl. oz.	340	5	0	0	0	0	0	0	5	170	0	0	0	0
Coffee, Regular - 16 fl. fl. oz.	454	5	0	0	0	0	0	0	10	220	0	0	0	1
Diet Dr. Pepper® - 16 fl. fl. oz.	479	0	0	0	0	0	0	0	95	10	0	0	0	0
Diet Dr. Pepper® - 20 fl. fl. oz.	599	0	0	0	0	0	0	0	120	10	1	0	0	0



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Diet Dr. Pepper® - 30 fl. fl. oz.		898	0	0	0	0	0	0	180	20	1	0	0	0
Diet Dr. Pepper® - 40 fl. fl. oz.		1198	0	0	0	0	0	0	240	25	1	0	0	0
Dr. Pepper® - 16 fl. fl. oz.		499	190	0	0	0	0	0	60	0	53	0	52	0
Dr. Pepper® - 20 fl. fl. oz.		624	240	0	0	0	0	0	75	0	66	0	65	0
Dr. Pepper® - 30 fl. fl. oz.		936	370	0	0	0	0	0	110	0	99	0	97	0
Dr. Pepper® - 40 fl. fl. oz.		1248	490	0	0	0	0	0	150	0	132	0	130	0
Gold Peak® Classic Blend Iced Tea - 16 fl. fl. oz.		454	5	0	0	0	0	0	15	170	1	0	0	0
Gold Peak® Classic Blend Iced Tea - 20 fl. fl. oz.		567	5	0	0	0	0	0	15	210	2	0	0	0
Gold Peak® Classic Blend Iced Tea - 30 fl. fl. oz.		907	10	0	0	0	0	0	25	310	3	0	0	0
Gold Peak® Classic Blend Iced Tea - 40 fl. fl. oz.		1191	10	0	0	0	0	0	35	420	3	0	0	0
Iced Coffee, Mocha - 16 fl. fl. oz.	M	270	190	60	6	4	0	15	85	280	32	1	30	3
Iced Coffee, Mocha - 24 fl. fl. oz.	M	454	320	100	11	7	0	25	140	470	55	1	50	5
Iced Coffee, Original - 16 fl. fl. oz.	M	295	180	80	9	6	0	25	70	270	21	0	17	3
Iced Coffee, Original - 24 fl. fl. oz.	M	445	270	120	14	9	0	35	105	410	32	0	26	5
Iced Tea, Mango Flavored - 24 fl. fl. oz.		344	80	0	0	0	0	0	15	115	21	0	19	0
Iced Tea, Peach Flavored - 24 fl. fl. oz.		344	80	0	0	0	0	0	10	120	20	0	18	0
Iced Tea, Raspberry Flavored - 24 fl. fl. oz.		344	80	0	0	0	0	0	15	115	21	0	19	0
Milk, Low Fat 1% - 7 fl. fl. oz.	M	214	110	20	2	1.5	0	10	130	440	12	0	12	9
Coca-Cola Freestyle														
Barq's Root Beer with/without Vanilla- 16 fl. oz		495	220	0	0	0	0	0	50	-	60	0	60	0
Barq's Root Beer with/without Vanilla- 20 fl. oz		619	280	0	0	0	0	0	60	-	75	0	75	0
Barq's Root Beer with/without Vanilla- 30 fl. oz		928	420	0	0	0	0	0	90	-	112	0	112	0
Barq's Root Beer with/without Vanilla- 40 fl. oz		1237	550	0	0	0	0	0	120	-	150	0	150	0
Caffeine Free Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 16fl. oz		472	5	0	0	0	0	0	50	-	0	0	0	0
Caffeine Free Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 20fl. oz		590	10	0	0	0	0	0	65	-	0	0	0	0



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Caffeine Free Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 30fl. oz		885	10	0	0	0	0	0	95	-	0	0	0	0
Caffeine Free Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 40fl. oz		1181	15	0	0	0	0	0	125	-	> 1	0	0	0
Coke with/without Cherry, Lemon, Lime, Orange, Raspberry, Vanilla or Cherry Vanilla - 16 fl. oz		494	210	0	0	0	0	0	50	-	56	0	56	0
Coke with/without Cherry, Lemon, Lime, Orange, Raspberry, Vanilla or Cherry Vanilla - 20 fl. oz		617	260	0	0	0	0	0	60	-	70	0	70	0
Coke with/without Cherry, Lemon, Lime, Orange, Raspberry, Vanilla or Cherry Vanilla - 30 fl. oz		925	390	0	0	0	0	0	90	-	105	0	105	0
Coke with/without Cherry, Lemon, Lime, Orange, Raspberry, Vanilla or Cherry Vanilla - 40 fl. oz		1234	520	0	0	0	0	0	120	-	139	0	139	0
Coke Zero with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 16fl. oz		472	5	0	0	0	0	0	50	-	0	0	0	0
Coke Zero with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 20fl. oz		590	5	0	0	0	0	0	65	-	0	0	0	0
Coke Zero with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 30fl. oz		885	10	0	0	0	0	0	95	-	0	0	0	0
Coke Zero with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 40fl. oz		1181	15	0	0	0	0	0	125	-	0	0	0	0
Dasani Sparkling Seltzer Water with/without Lemon Lime - 16fl. oz		473	0	0	0	0	0	0	50	-	0	0	0	0
Dasani Sparkling Seltzer Water with/without Lemon Lime - 20fl. oz		591	5	0	0	0	0	0	60	-	0	0	0	0
Dasani Sparkling Seltzer Water with/without Lemon Lime - 30fl. oz		887	10	0	0	0	0	0	90	-	0	0	0	0
Dasani Sparkling Seltzer Water with/without Lemon Lime - 40fl. oz		1183	10	0	0	0	0	0	120	-	0	0	0	0
Dasani with Cherry, Grape, Lemon, Lime, Orange, Peach, Raspberry or Strawberry - 16fl. oz		472	0	0	0	0	0	0	50	-	> 1	0	0	0
Dasani with Cherry, Grape, Lemon, Lime, Orange, Peach, Raspberry or Strawberry - 20fl. oz		590	0	0	0	0	0	0	65	-	> 1	0	0	0
Dasani with Cherry, Grape, Lemon, Lime, Orange, Peach, Raspberry or Strawberry - 30fl. oz		885	5	0	0	0	0	> 5	95	-	1	0	0	0
Dasani with Cherry, Grape, Lemon, Lime, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1181	10	0	0	0	0	> 5	130	-	2	0	0	0
Diet Barq's Root Beer with/without Vanilla - 16fl. oz		472	0	0	0	0	0	0	55	-	0	0	0	0
Diet Barq's Root Beer with/without Vanilla - 20fl. oz		590	0	0	0	0	0	0	65	-	0	0	0	0



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Diet Barq's Root Beer with/without Vanilla - 30fl. oz		885	5	0	0	0	0	0	100	-	0	0	0	0
Diet Barq's Root Beer with/without Vanilla - 40fl. oz		1181	10	0	0	0	0	0	130	-	> 1	0	0	0
Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 16fl. oz		472	5	0	0	0	0	0	50	-	0	0	0	0
Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 20fl. oz		590	10	0	0	0	0	0	65	-	0	0	0	0
Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 30fl. oz		885	10	0	0	0	0	0	95	-	0	0	0	0
Diet Coke with/without Orange, Cherry, Raspberry, Lemon, Lime, Vanilla or Cherry Vanilla - 40fl. oz		1181	15	0	0	0	0	0	125	-	> 1	0	0	0
Diet Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 16fl. oz		472	10	0	0	0	0	0	50	-	> 1	0	0	0
Diet Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 20fl. oz		590	10	0	0	0	0	0	60	-	> 1	0	0	0
Diet Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 30fl. oz		885	20	0	0	0	0	0	95	-	1	0	0	0
Diet Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 40fl. oz		1181	25	0	0	0	0	0	125	-	2	0	0	0
Fanta Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 16fl. oz		495	220	0	0	0	0	0	55	-	59	0	59	0
Fanta Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 20fl. oz		619	270	0	0	0	0	0	70	-	74	0	74	0
Fanta Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 30fl. oz		928	410	0	0	0	0	0	105	-	111	0	111	0
Fanta Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1237	550	0	0	0	0	0	140	-	149	0	148	0
Fanta Zero Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 16fl. oz		472	10	0	0	0	0	0	60	-	> 1	0	0	0
Fanta Zero Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 20fl. oz		590	10	0	0	0	0	0	70	-	> 1	0	0	0
Fanta Zero Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 30fl. oz		885	15	0	0	0	0	0	110	-	1	0	0	0
Fanta Zero Cherry, Fruit Punch, Grape, Lime, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1181	25	0	0	0	0	0	140	-	2	0	0	0
Fruitwater Fizzy Cherry-Lime, Lemonade, Lemon-Lime, Mixed Berry, Peach Lemonade or Strawberry Lemonade - 16fl. oz		472	10	0	0	0	0	0	50	-	> 1	0	0	0



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Nutrition Facts 2016*

	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)
Fruitwater Fizzy Cherry-Lime, Lemonade, Lemon-Lime, Mixed Berry, Peach Lemonade or Strawberry Lemonade - 20fl. oz		590	15	0	0	0	0	0	60	-	> 1	0	0	0
Fruitwater Fizzy Cherry-Lime, Lemonade, Lemon-Lime, Mixed Berry, Peach Lemonade or Strawberry Lemonade - 30fl. oz		885	20	0	0	0	0	0	95	-	1	0	0	0
Fruitwater Fizzy Cherry-Lime, Lemonade, Lemon-Lime, Mixed Berry, Peach Lemonade or Strawberry Lemonade - 40fl. oz		1181	25	0	0	0	0	0	125	-	2	0	0	0
Hi-C Cherry, Fruit Punch, Grape, Lemon, Orange, Orange Vanilla, Raspberry, Raspberry Lime or Strawberry - 16fl. oz		496	240	0	0	0	0	0	55	-	61	0	61	0
Hi-C Cherry, Fruit Punch, Grape, Lemon, Orange, Orange Vanilla, Raspberry, Raspberry Lime or Strawberry - 20fl. oz		620	300	0	0	0	0	0	70	-	76	0	76	0
Hi-C Cherry, Fruit Punch, Grape, Lemon, Orange, Orange Vanilla, Raspberry, Raspberry Lime or Strawberry - 30fl. oz		930	450	0	0	0	0	0	105	-	114	0	113	0
Hi-C Cherry, Fruit Punch, Grape, Lemon, Orange, Orange Vanilla, Raspberry, Raspberry Lime or Strawberry - 40fl. oz		1240	600	0	0	0	0	0	140	-	151	0	151	0
Mello Yello with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 16fl. oz		490	170	0	0	0	0	0	50	-	46	0	46	0
Mello Yello with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 20fl. oz		613	210	0	0	0	0	0	65	-	57	0	57	0
Mello Yello with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 30fl. oz		919	320	0	0	0	0	0	95	-	86	0	86	0
Mello Yello with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1226	430	0	0	0	0	0	130	-	114	0	114	0
Mello Yello Zero with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 16fl. oz		472	5	0	0	0	0	0	55	-	> 1	0	0	0
Mello Yello Zero with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 20fl. oz		590	10	0	0	0	0	0	70	-	> 1	0	0	0
Mello Yello Zero with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 30fl. oz		885	10	0	0	0	0	0	105	-	1	0	0	0
Mello Yello Zero with/without Cherry, Fruit Punch, Grape, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1181	15	0	0	0	0	0	135	-	2	0	0	0
Minute Maid Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 16fl. oz		494	220	0	0	0	0	0	95	-	56	0	56	0
Minute Maid Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 20fl. oz		618	270	0	0	0	0	0	120	-	70	0	70	0
Minute Maid Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 30fl. oz		927	410	0	0	0	0	0	180	-	105	0	104	0
Minute Maid Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1236	550	0	0	0	0	0	240	-	139	0	139	0



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Nutrition Facts 2016*

	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)
Minute Maid Pink Lemonade - 16fl. oz		494	210	0	0	0	0	0	95	-	56	0	56	0
Minute Maid Pink Lemonade - 20fl. oz		618	270	0	0	0	0	0	115	-	70	0	70	0
Minute Maid Pink Lemonade - 30fl. oz		927	400	0	0	0	0	0	170	-	105	0	104	0
Minute Maid Pink Lemonade - 40fl. oz		1236	540	0	0	0	0	0	230	-	139	0	139	0
Minute Maid Light Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 16fl. oz		473	15	0	0	0	0	0	100	-	3	0	0	0
Minute Maid Light Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 20fl. oz		591	20	0	0	0	0	0	125	-	3	0	0	0
Minute Maid Light Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 30fl. oz		887	30	0	0	0	0	0	190	-	5	0	0	0
Minute Maid Light Lemonade with/without Lime, Orange, Peach, Raspberry or Strawberry - 40fl. oz		1183	40	0	0	0	0	0	250	-	6	0	0	0
Minute Maid Light Pink Lemonade - 16fl. oz		473	10	0	0	0	0	0	95	-	3	0	0	0
Minute Maid Light Pink Lemonade - 20fl. oz		591	15	0	0	0	0	0	120	-	3	0	0	0
Minute Maid Light Pink Lemonade - 30fl. oz		887	20	0	0	0	0	0	180	-	5	0	0	0
Minute Maid Light Pink Lemonade - 40fl. oz		1183	30	0	0	0	0	0	240	-	6	0	0	0
POWERade Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 16fl. oz		485	130	0	0	0	0	0	150	-	34	0	34	0
POWERade Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 20fl. oz		607	160	0	0	0	0	0	190	-	42	0	42	0
POWERade Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 30fl. oz		910	250	0	0	0	0	0	290	-	63	0	63	0
POWERade Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 40fl. oz		1214	330	0	0	0	0	0	390	-	84	0	84	0
POWERade Zero Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 16fl. oz		473	10	0	0	0	0	0	150	-	1	0	0	0
POWERade Zero Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 20fl. oz		591	10	0	0	0	0	0	190	-	2	0	0	0
POWERade Zero Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 30fl. oz		886	15	0	0	0	0	0	290	-	2	0	0	0
POWERade Zero Cherry, Fruit Punch, Grape, Lemon, Lime, Orange, Raspberry or Strawberry - 40fl. oz		1182	20	0	0	0	0	0	390	-	3	0	0	0
Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 16fl. oz		485	130	0	0	0	0	0	45	-	35	0	35	0
Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 20fl. oz		607	170	0	0	0	0	0	60	-	43	0	43	0
Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 30fl. oz		910	250	0	0	0	0	0	95	-	65	0	65	0



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Nutrition Facts 2016*

Seagram's Ginger Ale with/without Cherry, Lime, Orange, Raspberry or Vanilla - 40fl. oz
 Sprite with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 16fl. oz
 Sprite with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 20fl. oz
 Sprite with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 30fl. oz
 Sprite with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 40fl. oz
 Sprite Zero with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 16fl. oz
 Sprite Zero with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 20fl. oz
 Sprite Zero with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 30fl. oz
 Sprite Zero with/without Cherry, Grape, Orange, Peach, Raspberry, Strawberry or Vanilla - 40fl. oz
 Vitaminwater Lemonade-C, Orangeade-C, Pink Squeezed or Tropical-C - 16fl. oz
 Vitaminwater Lemonade-C, Orangeade-C, Pink Squeezed or Tropical-C - 20fl. oz
 Vitaminwater Lemonade-C, Orangeade-C, Pink Squeezed or Tropical-C - 30fl. oz
 Vitaminwater Lemonade-C, Orangeade-C, Pink Squeezed or Tropical-C - 40fl. oz

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)
	1214	340	0	0	0	0	0	125	-	87	0	86	0
	492	200	0	0	0	0	0	55	-	51	0	51	0
	615	250	0	0	0	0	0	65	-	64	0	64	0
	923	370	0	0	0	0	0	100	-	97	0	96	0
	1230	490	0	0	0	0	0	130	-	129	0	129	0
	472	10	0	0	0	0	0	55	-	> 1	0	0	0
	590	15	0	0	0	0	0	70	-	> 1	0	0	0
	885	20	0	0	0	0	0	105	-	1	0	0	0
	1181	30	0	0	0	0	0	140	-	2	0	0	0
	482	100	0	0	0	0	0	50	-	26	0	26	0
	602	120	0	0	0	0	0	65	-	33	0	32	0
	903	180	0	0	0	0	0	95	-	49	0	48	0
	1204	240	0	0	0	0	0	130	-	65	0	64	0



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Nutrition Facts 2016*

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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Shakes & Desserts

Chocolate Overload™ Cake

Mini Churros (5 pc.)

Mini Churros (10 pc.)

New York Style Cheesecake

Shake, Chocolate with Whipped Topping - 16 fl. fl. oz.

Shake, Chocolate with Whipped Topping - 24 fl. fl. oz.

Shake, OREO® Cookie with Whipped Topping 16 - fl. fl. oz.

Shake, OREO® Cookie with Whipped Topping - 24 fl. fl. oz.

Shake, Strawberry with Whipped Topping - 16 fl. fl. oz.

Shake, Strawberry with Whipped Topping - 24 fl. fl. oz.

Vanilla Shake with Whipped Topping - 16 fl. fl. oz.

Vanilla Shake with Whipped Topping - 24 fl. fl. oz.

SEMW	93	300	60	7	1.5	0	40	350	260	57	2	34	4
SEMW	86	350	170	18	3.5	0	5	280	55	42	2	12	4
SEMW	172	690	330	37	7	0	10	550	115	84	4	25	7
SEMW	92	310	150	17	9	0	25	260	170	32	1	22	7
M	376	780	350	38	27	1.5	85	290	700	103	1	89	12
M	543	1120	490	55	38	2	120	410	1020	150	2	130	17
SMW	362	800	380	43	28	1.5	85	360	600	95	1	74	12
SMW	521	1150	550	61	40	2	120	530	870	137	2	107	17
M	374	760	340	38	27	1.5	85	240	600	97	0	83	11
M	539	1090	480	54	38	2	120	340	870	141	1	121	16
M	339	680	340	38	27	1.5	85	230	600	78	0	64	11
M	486	980	480	54	38	2	120	340	870	112	1	92	16

Kid's Menu

Breakfast Jack®

Cheeseburger

Chicken Nuggets (5 pc.)

Chicken Sandwich

Chiquita® Apple Bites

Crispy Chicken Strips (2 pc.)

French Fries (Kid's)

Grilled Cheese Sandwich

Hamburger

Mini Pancakes (8 pc.)

Seasoned Curly Fries (Kid's)

SEMW	132	350	170	18	6	0	240	840	190	30	1	4	16
SMW	123	380	190	21	8	1	35	780	190	32	1	5	16
SMW	77	240	150	17	2	0	25	600	170	13	1	0	9
SEMW	156	510	280	31	5	0	35	940	250	42	2	4	15
	57	30	0	0	0	0	0	0	60	8	1	6	0
SMW	98	280	110	12	1.5	0	30	790	270	26	1	0	17
	71	220	90	10	1	0	0	410	290	30	2	0	2
SMW	94	330	150	16	6	0	20	800	130	34	2	3	11
SMW	111	340	160	18	5	1	25	570	180	32	1	5	14
SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
W	60	200	100	11	1	0	0	440	250	21	2	0	2

Value Menu

Big Cheeseburger

SEMW	158	540	330	37	12	1.5	70	700	250	30	1	5	25
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in the box®

Nutrition Facts 2016*

	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)
Chicken Nuggets (5 pc.)	SMW	77	240	150	17	2	0	25	600	170	13	1	0	9
Chicken Nuggets (10 pc.)	SMW	153	480	300	33	4.5	0	50	1210	340	26	2	0	19
Chicken Nuggets (20 pc.)	SMW	306	950	600	66	9	0	105	2420	690	51	4	1	38
Chicken Sandwich	SEMW	158	540	330	37	12	1.5	70	700	250	30	1	5	25
Chicken Sandwich with Bacon	SEMW	158	540	330	37	12	1.5	70	700	250	30	1	5	25
Grilled Cheese Sandwich	SMW	94	330	150	16	6	0	20	800	130	34	2	3	11
Jr. Bacon Cheeseburger	SEMW	129	480	280	31	10	1	45	860	220	32	1	5	19
Jr. Jack™	SEMW	150	420	230	26	7	1	30	560	240	33	2	6	14
Jr. Jack™ Cheeseburger	SEMW	161	460	260	29	9	1	40	760	260	33	2	6	16
Jumbo Jack®	SEWM	223	520	300	33	10	1.5	60	580	370	32	2	6	23
Jumbo Jack® Cheeseburger	SEMW	245	600	360	40	14	1.5	80	990	400	33	2	6	28
Tacos, Regular (2 Tacos)	SMW	162	340	170	19	6	0.5	25	720	360	33	5	2	12
Value French Fries		71	220	90	10	1	0	0	410	290	30	2	0	2

Cheeses

American Cheese	SM	11	40	30	3.5	2	0	10	200	15	0	0	0	2
Provolone Cheese	M	17	60	40	4.5	2.5	0	15	150	25	0	0	0	4
Real Cheddar Cheese	M	18	70	50	6	3.5	0	15	110	15	1	0	0	4
Real Swiss Cheese	M	18	70	50	6	3.5	0	20	80	20	0	0	0	5
Swiss Style Cheese	SM	11	40	25	3	2	0	10	140	10	1	0	0	2

Dipping Sauces

Barbecue Dipping Sauce	S	25	40	0	0	0	0	0	270	70	10	0	8	0
Buttermilk House Dipping Sauce	EM	21	110	100	11	2	0	10	160	15	2	0	0	0
Franks® Red Hot® Buffalo Dipping Sauce		28	10	5	0	0	0	0	730	45	1	1	0	0
Honey Mustard Dipping Sauce	E	28	60	15	2	0	0	0	230	20	10	0	9	0
Pancake Syrup		43	120	0	0	0	0	0	20	0	31	0	21	0
Sweet N' Sour Dipping Sauce	S	25	40	0	0	0	0	0	140	15	10	0	8	0
Teriyaki Dipping Sauce	SW	28	50	10	1	0	0	0	490	10	11	0	9	1



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Nutrition Facts 2016*

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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Sandwich Sauces

- Creamy Bacon Mayo (0.68 fl. oz.)
- Creamy Ranch Sauce (0.61 fl. oz.)
- Creamy Sriracha Sauce (0.78 fl. oz.)
- Creamy Tomato Sauce (0.72 fl. oz.)
- Garlic Herb Butter (0.50 fl. oz.)
- Ketchup (0.57 fl. oz.)
- Mayo-Onion Sauce (0.25 fl. oz.)
- Mustard (0.19 fl. oz.)
- Peppercorn Mayo (1.50 fl. oz.)
- Tartar Sauce (0.47 fl. oz.)

E	19	120	120	13	2	0	15	190	20	1	0	0	1
EM	17	90	90	10	1.5	0	10	180	15	1	0	1	0
E	22	120	120	13	2	0	10	270	10	1	0	1	0
EM	20	110	100	11	2	0	15	200	35	2	0	1	0
SM	14	90	90	10	7	0	25	150	15	0	0	0	0
	16	20	0	0	0	0	0	160	0	5	0	3	0
E	7	45	40	4.5	0.5	0	5	45	0	0	0	0	0
	5	5	0	0	0	0	0	65	0	0	0	0	0
EM	43	280	280	31	5	0.5	25	380	25	1	0	1	1
E	13	50	40	4.5	0.5	0	5	120	10	2	0	2	0

Other

- Fire Roasted Salsa (1 fl. oz.)
- French's® Mustard (1 packet)
- Grape Jelly (1 packet)
- Grilled Onions (0.71 fl. oz.)
- Hot Taco Sauce (1 packet)
- Ketchup (1 packet)
- Kikkoman® Soy Sauce (1 packet)
- Kraft® Real Mayonnaise (1 packet)
- Pride® Margarine Spread (1 packet)
- Red Onions (2 slices)
- Secret Sauce (1 packet)
- Sour Cream (1 packet)
- Strawberry Jam (1 packet)

	24	10	0	0	0	0	0	120	10	2	0	1	0
	7	5	0	0	0	0	0	80	0	0	0	0	0
	14	35	0	0	0	0	0	0	0	9	0	6	0
SM	20	10	0	0	0	0	0	0	25	2	0	1	0
	7	0	0	0	0	0	0	60	15	0	0	0	0
	9	10	0	0	0	0	0	85	0	3	0	2	0
SW	7	5	0	0	0	0	0	370	30	0	0	0	1
E	12	90	90	10	1.5	0	5	65	0	0	0	0	0
M	5	20	20	2.5	0.5	0	0	45	0	0	0	0	0
	9	5	0	0	0	0	0	0	15	1	0	1	0
E	14	30	15	2	0	0	0	90	40	3	0	2	0
M	28	60	45	5	3	0	15	25	35	2	1	1	1
	14	40	0	0	0	0	0	0	0	10	0	9	0



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Nutrition Facts 2016*

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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Allergen Key

- S = Soy
- E = Egg
- F = Fish
- M = Milk
- P = Peanuts
- C = Crustacean Shellfish
- T = Tree Nuts
- W = Wheat

Gourmet Seasoned Croutons and Spicy Corn Sticks are packaged in facilities that also package Tree Nuts.

^ *Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts.*

* We hope this nutritional information will help you satisfy your dietary needs at Jack in the Box®. Some items listed may not be available in your area, and slight variations may occur in each product for reasons that may include available supply, tests, portioning or other factors. Sodium and potassium values in drinks may vary due to local water supplies. Products in test, limited time only items and some regional items are not included. The ingredient and nutrient information contained in this analysis is effective as of May 2015. Jack in the Box® restaurants will update and revise the information periodically to reflect changes in ingredients and the addition and removal of products from our menu. Nutritional information was obtained from vendor information, Silliker Lab and other lab analysis, using Genesis R&D SQL Food Development and Labeling Software, copyright of ESHA Research, Salem, Oregon.