

Chicken Original Recipe® Chicken- Protest without skin or breading   12	Y	Serving Size (gms)	Ø	Calories from Fat	Total Fat (gms)	Saturated Fat (gm	at (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gn	Dietary Fiber (gms	(gms)	Protein (gms)
Original Recipe® Chicken- Whole Wing	ltem	Serving	Calorie	Calorie	Total F	Satura	Trans F	Choles	Sodium	Carboh	Dietary	Sugars	Protein
Original Recipe® Chicken- Breast without skin or breading 178 320 120 14 3 0 145 1130 13 2 0 3 60 0 70 100 100 100 100 100 100 100 100 1	Chicken												
Original Recipe® Chicken-Breast without skid or breeding         116         130         20         2         0.5         0         90         520         0         0         0         29           Original Recipe® Chicken- Thigh         110         290         190         21         5         0         100         850         8         1         0         180           Original Recipe® Boneless Piece Dark Meat)         110         290         70         8         1.5         0         96         60         6         1         0         18           Original Recipe® Boneless Piece Dark Meat)         107         250         130         14         2.5         0         95         850         11         1         0         12           Extra Crispy** Chicken- Breast         181         490         260         29         4.5         0         95         850         11         1         0         2.2           Extra Crispy** Chicken- Triph         108         370         240         26         4.9         8.5         760         15         1         0         18         25         90         10         1.5         0         3.5         300         5         0<	Original Recipe® Chicken- Whole Wing					1.5						0	
Original Recipe® Chicken-Drumstick   56													
Original Recipe® Boneless Piece (White Meat)  Salud 130  130  141  250  130  141  250  130  142  250  130  143  250  130  143  250  130  143  250  130  143  250  130  143  250  130  144  250  130  145  152  150  150  150  150  150  150  15		l l			2								
Original Recipe® Boneless Piece (White Meat)  107											1		
Original Recipie® Boneless Piece Dark Meat)  Fire Tra Crisym* Chicken- Whole Wing  Star Crisym* Chicken- Breast  Star Crisym* Chicken- Breast  Star Crisym* Chicken- Whole Wing  Star Crisym* Chicken- Breast  Star Crisym* Chicken- Breast  Star Crisym* Chicken- Whole Wing  Star Crisym* Chicken- Breast  Star Crisym* Chicken- Whole Wing  Star Crisym* Chicken- Drumstick  So 90 35 4 1 0 0 60 290 0 0 0 13  Star Crisym* Tenders (2)  Star Crisym* Tenders (3)  Star Crisym* Tenders (4)  Star Crisym* Tenders (5)  Star Crisym* Tenders (6)  So S						-					1		
Extra Crispy ***Chicken- Whole Wing   \$8	Original Recipe® Boneless Piece Dark Meat)						0				1		
Extra Crispy "Chicken- Drumstick Extra Crispy "Chicken- Drumstick Extra Crispy "Chicken- Drumstick Extra Crispy "Chicken- Whole Wing Extra Crispy "Chicken- Drumstick Extra Crispy "Reduced Chicken®- Breast Extra Crispy "Extra Crispy "The Extra Crispy "Tenders (2) Extra Crispy "Tenders (3) Extra Crispy "Tenders (2) Extra Crispy "Tenders (3) Extra Crispy "Tenders (3) Extra Crispy "Tenders (4) Extra Crispy "Tenders (5) Extra Crispy "Tenders (6) Extra Crispy "Tenders (7) Extra Crispy "Tenders (8) Extra Crispy "Tenders (8) Extra Crispy "Tenders (8) Extra Crispy "Tenders (1) Extra Crispy "Tenders (2) Extra Crispy "Tenders (3) Extra Crispy "Tenders (4) Extra Crispy "Tenders (5) Extra Crispy "Tenders (6) Extra Crispy "Tenders (7) Extra Crispy "Tenders (7) Extra Crispy "Tenders (8) Extra Crispy "Tenders (8) Extra Crispy "Tenders (1)	Extra Crispy™ Chicken- Whole Wing	58									0		
Extra Crispy Micken- Thigh Spicy Crisps (hicken- Minele Wing) 47 160 100 12 2 0 40 410 6 0 0 9 Spicy Crisps (hicken- Breast 175 5 20 310 34 5 0 110 120 23 1 0 0 29 Spicy Crisps (hicken- Breast 175 5 20 310 34 5 0 110 120 23 1 0 0 29 Spicy Crispsy Chicken- Breast 175 5 20 310 34 5 0 110 120 23 1 0 0 29 Spicy Crispsy Chicken- Breast 175 5 20 310 34 5 0 110 120 23 1 0 0 29 Spicy Crispsy Chicken- Breast 175 5 20 310 34 5 0 110 120 23 1 0 0 29 Spicy Crispsy Chicken- Breast 175 2 20 60 7 1 2 0 1 1 5 0 45 410 5 0 0 1 11 Sentrucky Grilled Chicken®- Whole Wing 37 80 40 4 5 1 5 5 0 50 250 1 0 0 15 Sentrucky Grilled Chicken®- Breast 152 220 60 7 2 2 0 315 730 0 0 0 40 Sentrucky Grilled Chicken®- Drumstick 50 90 90 35 4 1 0 6 290 0 0 0 1 3 5 730 0 0 0 0 10 Sentrucky Grilled Chicken®- Drumstick 50 90 90 35 4 1 0 6 6 290 0 0 0 1 3 5 730 0 0 0 0 19 Strips & Filets  Extra Crispy Tenders (3) 155 380 180 20 2.5 0 85 940 17 3 0 0 30 Stripsy Grilled Spice Spic	Extra Crispy™ Chicken- Breast	l l	490	260		4.5	0			20	1	0	35
Spicy Crispy Chicken- Whole Wing											0		
Spicy Crispy Chicken- Preast   175   520   310   34   5   0   110   120   23   1   0   29		I									1		
Spicy Crispy Chicken-Durmstick   55											0		
Spicy Crispy Chicken-Thigh											1		
Kentucky Grilled Chicken®-Whole Wing								75					
Kentucky Grilled Chicken®- Breast   152   220   60   7   2   0   135   730   0   0   0   0   10										1			
Kentucky Grilled Chicken®- Prumstick   50   90   35   4   1   0   60   290   0   0   0   13   3   3   4   1   0   60   290   0   0   0   0   13   3   3   4   1   0   60   290   0   0   0   0   19   35   36   4   10   0   60   290   0   0   0   0   19   35   36   30   30   30   30   30   30   30	Kentucky Grilled Chicken®- Breast	152								0	0		
Strips & Filets	Kentucky Grilled Chicken®- Drumstick	50				1					0		
Extra Crispy™ Tenders (3)  Extra Crispy™ Tenders (2)  103 250 120 13 1.5 0 60 630 11 2 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Kentucky Grilled Chicken®- Thigh	88	170	90	10	3	0	90	530	0	0	0	19
Extra Crispy™ Tenders (3)  Extra Crispy™ Tenders (2)  103 250 120 13 1.5 0 60 630 11 2 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Strips & Filets												
Extra Crispy™ Tenders (2)	Extra Crispy™ Tenders (3)	155	380	180	20	2.5	0	85	940	17	3	0	33
Extra Crispy™ Tenders (1) - Kids   52   130   60   7   1   0   30   310   6   1   0   11   KFC® OR Filet   99   200   80   9   1.5   0   65   540   6   0   0   23    Popcorn Chicken & Bites  Popcorn Chicken-Kids   81   270   140   16   2   0   30   900   18   2   0   14    Popcorn Chicken-Large   174   580   310   34   5   0   65   1930   38   3   0   31    Original Recipe® Bites (4) - Kids   67   130   50   6   1   0   40   44   5   1   0   15    Original Recipe® Bites (6)   100   200   80   9   1.5   0   60   660   7   1   0   22    Original Recipe® Bites (10)   167   330   130   15   2.5   0   105   1100   12   2   0   37    Wings  Hot Wings™ (1)   22   70   35   4   1.0   0   20   270   8   0   2   4    HBBQ Hot Wings™ (1)   29   70   40   4   1.0   0   20   290   5   0   0   4    HBBQ Hot Wings™ (1)   29   70   40   4   1.0   0   20   290   5   0   0   4    Sandwiches  Chicken Littles® without Sauce   88   210   70   8   1   0   30   510   23   2   4   14    Crispy Twister® without Sauce   88   210   70   8   1   0   30   510   23   2   4   14    Crispy Twister® without Sauce   218   490   170   19   3.5   0   60   1130   51   5   3   28    Honey BBQ Sandwich   161   320   33   35   35   1   0   70   77   77   77   77   77	Extra Crispy™ Tenders (2)	103											
Popcorn Chicken & Bites Popcorn Chicken-Kids  81 270 140 16 2 0 30 900 18 2 0 14 Popcorn Chicken-Individual 122 410 220 24 3.0 0 45 1360 27 2 0 22 Popcorn Chicken-Large 174 580 310 6 1 0 65 1940 38 3 0 31 Porginal Recipe® Bites (4) - Kids 174 580 310 6 1 0 65 1940 38 3 0 31 Porginal Recipe® Bites (5) 100 200 80 9 1.5 0 60 660 7 1 0 22 Porginal Recipe® Bites (10)  Wings Wings Hot Wings™(1) 22 70 35 4 1.0 0 20 160 3 0 0 4 HBBQ Hot Wings™(1) 31 80 40 4 1.0 0 20 160 3 0 2 4 Fiery Buffalo Hot Wings™(1) 29 70 40 4 1.0 0 20 290 5 0 0 4  Sandwiches  Sandwiches Chicken Littles® without Sauce 88 210 70 8 1 0 30 510 23 2 4 14 Crispy Twister® 240 610 290 32 6 0 70 1260 52 5 4 29 Choy Twister® without Sauce 118 490 170 18 2 3 5 5 0 60 1130 51 5 3 28  Choy Twister® Without Sauce 118 490 170 18 3 3 5 5 6 0 70 770 47 3 2 12  Choy Twister® without Sauce 118 490 170 18 3 3 0 75 780 37 2 6 29  Choy Twister® Without Sauce 118 490 170 18 3 3 0 75 780 37 2 6 29  Choy Bu Sandwich 161 320 35 3.5 1 0 70 770 47 3 2 12  Choy Bu Sandwich 162 430 360 38 6 0 70 1260 52 5 4 29  Choy Bu Sandwich 163 30 30 36 10 0 170 1620 15 0 1 54  Double Down 247 600 330 36 10 0 170 1620 15 0 1 54  Double Down 247 600 330 36 10 0 170 1620 15 0 1 54  Double Down 248 FE Famous Bowls®-Mashed Potato with Gravy 525 690 270 30 6 1 45 2350 80 6 3 25			130			1				6		0	11
Popcorn Chicken-Kids	KFC® OR Filet	99	200	80	9	1.5	0	65	540	6	0	0	23
Popcorn Chicken-Kids	Popcorn Chicken & Bites												
Popcom Chicken-Large	Popcorn Chicken-Kids	81	270									0	
Original Recipe® Bites (4) - Kids       67       130       50       6       1       0       40       440       5       1       0       15         Original Recipe® Bites (6)       100       200       80       9       1.5       0       60       660       7       1       0       22         Wings         Wings™(1)       22       70       35       4       1.0       0       20       160       3       0       0       4         Hot Wings™(1)       31       80       40       4       1.0       0       20       160       3       0       0       4         Fiery Buffalo Hot Wings™(1)       29       70       40       4       1.0       0       20       270       8       0       2       4         Sandwiches         Chicken Littles®       101       310       160       18       2.5       0       40       590       23       2       4       14         Chicken Littles® without Sauce       88       210       70       8       1       0       30       510       23       2       4	Popcorn Chicken-Individual	l l											
Original Recipe® Bites (6)       100       200       80       9       1.5       0       60       660       7       1       0       22         Original Recipe® Bites (10)         Wings         Wings         Bot Wings™(1)       22       70       35       4       1.0       0       20       160       3       0       0       4         HBBQ Hot Wings™(1)       29       70       40       4       1.0       0       20       270       8       0       2       4         Sandwiches         Chicken Littles®         Chicken Littles® without Sauce       101       310       160       18       2.5       0       40       590       23       2       4       14         Crispy Twister®       101       310       160       18       2.5       0       40       590       23       2       4       14         Crispy Twister®       240       610       290       32       6       0       70       1260       52       5       4       29         Crispy Twister® without Sauce       218       <						5					3	-	-
Wings       Hot Wings™ (1)       22       70       35       4       1.0       0       20       160       3       0       0       4         HBBQ Hot Wings™ (1)       31       80       40       4       1.0       0       20       160       3       0       0       4         Fiery Buffalo Hot Wings™ (1)       29       70       40       4       1.0       0       20       270       8       0       2       4         Fiery Buffalo Hot Wings™ (1)       29       70       40       4       1.0       0       20       270       8       0       2       4         Sandwiches         Chicken Littles®       101       310       160       18       2.5       0       40       590       23       2       4       14         Chicken Littles® without Sauce       88       210       70       8       1       0       30       510       23       2       4       14         Crispy Twister®       240       610       290       32       6       0       70       1260       52       5       4       29         Crispy Twister® without Sauce						1 -					1		
Wings Hot Wings™ (1)											2		
Hot Wings™ (1)		107	330	130	13	2.5	U	103	1100	12		U	
HBBQ Hot Wings™ (1)    31	Wings												
Fiery Buffalo Hot Wings™ (1)  29 70 40 4 1.0 0 20 290 5 0 0 4  Sandwiches  Chicken Littles®					4								4
Sandwiches   101   310   160   18   2.5   0   40   590   23   2   4   14	HBBQ Hot Wings™ (1)				4		0			8		2	4
Chicken Littles®       101       310       160       18       2.5       0       40       590       23       2       4       14         Chicken Littles® without Sauce       88       210       70       8       1       0       30       510       23       2       4       14         Crispy Twister®       240       610       290       32       6       0       70       1260       52       5       4       29         Crispy Twister® without Sauce       218       490       170       19       3.5       0       60       1130       51       5       3       28         Honey BBQ Sandwich       161       320       35       3.5       1       0       70       770       47       3       21       24         Colonel's Original Sandwich       167       430       160       18       3       0       75       780       37       2       6       29         Double Down       247       600       330       36       10       0       170       1620       15       0       1       54         Doublicious®       188       510       230       25       6<		29	70	40	4	1.0	U	20	290	5	U	U	
Chicken Littles® without Sauce       88       210       70       8       1       0       30       510       23       2       4       14         Crispy Twister®       240       610       290       32       6       0       70       1260       52       5       4       29         Crispy Twister® without Sauce       218       490       170       19       3.5       0       60       1130       51       5       3       28         Honey BBQ Sandwich       161       320       35       3.5       1       0       70       770       47       3       21       24         Colonel's Original Sandwich       167       430       160       18       3       0       75       780       37       2       6       29         Double Down       247       600       330       36       10       0       170       1620       15       0       1       54         Doublicious®       188       510       230       25       6       0       95       1060       38       2       6       34         Pot Pie, Bowls, & Value Boxes         Chicken Pot Pie       400													
Crispy Twister®       240       610       290       32       6       0       70       1260       52       5       4       29         Crispy Twister® without Sauce       218       490       170       19       3.5       0       60       1130       51       5       3       28         Honey BBQ Sandwich       161       320       35       3.5       1       0       70       770       47       3       21       24         Colonel's Original Sandwich       167       430       160       18       3       0       75       780       37       2       6       29         Double Down       247       600       330       36       10       0       170       1620       15       0       1       54         Doublicious®       188       510       230       25       6       0       95       1060       38       2       6       34         Pot Pie, Bowls, & Value Boxes         Chicken Pot Pie       400       790       410       45       37       0       75       1970       66       3       7       29         KFC Famous Bowls®-Mashed Potato with Gravy </th <th></th> <th></th> <th>1</th> <th></th> <th></th> <th>2.5</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>			1			2.5							
Crispy Twister® without Sauce       218       490       170       19       3.5       0       60       1130       51       5       3       28         Honey BBQ Sandwich       161       320       35       3.5       1       0       70       770       47       3       21       24         Colonel's Original Sandwich       167       430       160       18       3       0       75       780       37       2       6       29         Double Down       247       600       330       36       10       0       170       1620       15       0       1       54         Doublicious®       188       510       230       25       6       0       95       1060       38       2       6       34         Pot Pie, Bowls, & Value Boxes         Chicken Pot Pie       400       790       410       45       37       0       75       1970       66       3       7       29         KFC Famous Bowls®-Mashed Potato with Gravy       525       690       270       30       6       1       45       2350       80       6       3       25						1					2		
Honey BBQ Sandwich       161       320       35       3.5       1       0       70       770       47       3       21       24         Colonel's Original Sandwich       167       430       160       18       3       0       75       780       37       2       6       29         Double Down       247       600       330       36       10       0       170       1620       15       0       1       54         Doublicious®       188       510       230       25       6       0       95       1060       38       2       6       34         Pot Pie, Bowls, & Value Boxes         Chicken Pot Pie       400       790       410       45       37       0       75       1970       66       3       7       29         KFC Famous Bowls®-Mashed Potato with Gravy       525       690       270       30       6       1       45       2350       80       6       3       25											5		
Colonel's Original Sandwich         167         430         160         18         3         0         75         780         37         2         6         29           Double Down         247         600         330         36         10         0         170         1620         15         0         1         54           Doublicious®         188         510         230         25         6         0         95         1060         38         2         6         34           Pot Pie, Bowls, & Value Boxes           Chicken Pot Pie         400         790         410         45         37         0         75         1970         66         3         7         29           KFC Famous Bowls®-Mashed Potato with Gravy         525         690         270         30         6         1         45         2350         80         6         3         25						3.5							
Double Down       247       600       330       36       10       0       170       1620       15       0       1       54         Doublicious®       188       510       230       25       6       0       95       1060       38       2       6       34         Pot Pie, Bowls, & Value Boxes         Chicken Pot Pie       400       790       410       45       37       0       75       1970       66       3       7       29         KFC Famous Bowls®-Mashed Potato with Gravy       525       690       270       30       6       1       45       2350       80       6       3       25						1							
Doublicious®         188         510         230         25         6         0         95         1060         38         2         6         34           Pot Pie, Bowls, & Value Boxes           Chicken Pot Pie         400         790         410         45         37         0         75         1970         66         3         7         29           KFC Famous Bowls®-Mashed Potato with Gravy         525         690         270         30         6         1         45         2350         80         6         3         25												ნ 1	
Pot Pie, Bowls, & Value Boxes         Chicken Pot Pie       400       790       410       45       37       0       75       1970       66       3       7       29         KFC Famous Bowls®-Mashed Potato with Gravy       525       690       270       30       6       1       45       2350       80       6       3       25											2	6	
Chicken Pot Pie       400       790       410       45       37       0       75       1970       66       3       7       29         KFC Famous Bowls®-Mashed Potato with Gravy       525       690       270       30       6       1       45       2350       80       6       3       25			310	230	23	٧		55	1000	30		٧	
KFC Famous Bowls®-Mashed Potato with Gravy         525         690         270         30         6         1         45         2350         80         6         3         25	Pot Pie, Bowls, & Value Boxes												
													29
Page 1 of 6	KFC Famous Bowls®-Mashed Potato with Gravy			270	30	6	1	45	2350	80	6	3	25

Page 1 of 6



Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Snack-Size Bowl	183	270	110	12	3.5	0	25	850	28	2	1	11
Original Recipe® Bites Snack Box	174	420	190	21	3.5	0	40	1240	39	3	0	19
Popcorn Chicken Value Box	230	700	350	39	6	0	45	2160	61	5	0	25
Hot Wings™ Value Box	173	490	250	27	5	0	55	1290	45	3	0	15
Fiery Buffalo Hot Wings™ Value Box	194	510	250	28	5	0	55	1670	50	4	0	15
HBBQ Hot Wings™ Value Box	199	540	250	28	5	0	55	1600	57	3	6	15
Grilled Drumstick Value Box	158	380	170	19	3.5	0	60	1090	34	2	0	17
OR Drumstick Value Box	159	400	200	22	4	0	45	1110	37	2	0	15
EC Drumstick Value Box	164	450	230	25	4	0	55	1190	39	3	0	16
Grilled Thigh Value Box	196	460	230	25	5	0	90	1330	34	2	0	23
OR Thigh Value Box	204	540	290	32	7	0	80		42	2	0	20
EC Thigh Value Box	215	660	370	41	7	0	85	1560	49	3	0	22
Salads & More												
Crispy Chicken Caesar Salad without Dressing & Croutons	306	330	160	17	4	0	70	810	16	4	3	29
Caesar Side Salad without Dressing & Croutons	91	40	20	2	1	0	5	90	2	1	1	3
Crispy Chicken BLT Salad without Dressing	366	350	160	18	3.5	0	75	990	18	5	5	30
House Side Salad without Dressing	105	15	0	0	0	0	0	10	3	1	2	1
Heinz Buttermilk Ranch Dressing (1)	28	160	150	17	2	0	10	220	1	0	1	0
Hidden Valley® The Original Ranch® Fat Free Dressing (1)	43	35	0	0	0	0	0	410	8	0	2	1
Marzetti Light Italian Dressing (1)	28	15	0	0.5	0	0	0	510	2	0	1	0
KFC® Creamy Parmesan Caesar Dressing (1)	57	260	230	26	5	0	15	540	4	0	2	2
Parmesan Garlic Croutons Pouch (1)	14	70	25	3	0	0	0	160	8	0	0	1
Sides (Individual)												
Green Beans	86	25	0	0	0	0	0	260	4	2	1	1
Mashed Potatoes with Gravy	145	120	35	4	1	0	0	530	19	1	0	2
Mashed Potatoes without Gravy	102	90	25	3	0.5	0	0	320	15	1	0	2
Macaroni and Cheese	135	170	60	6	1.5	0	5	830	22	2	2	5
Potato Wedges	108	290	140	15	2.5	0	0	810	35	2	0	4
Corn on the Cob (3")	71	70	5	0.5	0	0	0	0	16	2	3	2
BBQ Baked Beans	138	210	15	1.5	0	0	0	780	41	8	18	8
Potato Salad	135	210	100	11	2.5	0	10	560	26	3	6	2
Cole Slaw	114	170	90	10	1.5	0	5	170	19	3	14	1
Biscuit	54	180	70	8	6	0	0	530	23	1	2	4
Sweet Kernel Corn	95	100	5	0.5	0	0	0	0	21	2	3	3
Macaroni Salad	117	190	90	10	2	0	5	430	22	1	6	4
KFC® Cornbread Muffin	52	210	80	9	1.5	0	35	240	28	0	11	3
Other												
Sargento® Light String Cheese	21	50	25	2.5	1.5	0	10	160	1	0	0	6
GoGo squeeZ™ Applesauce	90	60	0	0	0	0	0	0	15	1	12	0
KFC® Gizzards	55	190	100	11	1.5	0	135	500	11	0	0	13
KFC® Livers	55	150	70	8	1.5	0	185	480	8	0	0	11
Country Fried Steak without Peppered White Gravy	106	360	220	24	7	1	35	750	22	2	0	13
Country Fried Steak with Peppered White Gravy	150	390	230	26	7	1	35	910	26	2	0	13
Jalapeno Peppers	32	20	10	1.5	0	0	0	480	1	1	0	0
Honey Sauce Packet	9	30	0	0	0	0	0	0	8	0	5	0
Colonel's Buttery Spread	6	30	30	3.5	0.5	0	0	30	0	0	0	0
Bacon Ranch Dipping SauceCup	26	140	140	15	2.5	0	10	220	1	0	1	0
Creamy Buffalo Dipping Sauce Cup	M2a5rch 6, 2	p13 70	60	7	1	0	5	510	2	0	0	0
	Page 2 c	01 6										



ltem	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Orange Ginger Dipping Sauce Cup	25	50	5	0	0	0	0	220	11	0	10	0
Sweet and Sour Dipping Sauce Cup	25	45	0	0	0	0	0	95	12	0	10	0
Honey Mustard Dipping Sauce Cup	25	120	90	10	1.5	0	5	110	6	0	5	0
Creamy Ranch Dipping Sauce Cup	25 25	140	140	15	2.5	0	10	230	1	0	1	0
HBBQ Dipping Sauce Cup	25	40	0	0	0	0	0	310	9	0	8	
Desserts												
Apple Turnover (1)	81	230	90	10	2.5	0	0	140	32	1	12	2
Café Valley Bakery® Chocolate Chip Cake (6 slices per cake)	76 1 slic	300	130	15	3	0	50	260	39	1	27	4
Café Valley Bakery® Lemon Cake (8 slices per cake)	57 1 slic	210	100	11	2	0	40	190	28	0	19	2
Café Valley Bakery® Mini Chocolate Chip Cake	85	300	100	12	2.5	0	40	190	49	1	35	3
Café Valley Bakery® Mini Lemon Cake Reese's® Peanut Butter Pie Slice	85 71	300 310	120 170	13 19	2.5 10	0	50 5	230 200	43 31	0	31 22	3 5
Oreo® Cookies and Crème Pie Slice	74	290	140	16	10	0	5 5	210	34	1	23	3
Sweet Life® Oatmeal Raisin Cookie	32	150	50	6	2.5	0	10	105	22	1	13	2
Sweet Life® Chocolate Chip Cookie	32	160	70	8	3.5	0	10	90	22	1	15	2
Sweet Life® Sugar Cookie	32	160	60	7	3	0	10	120	21	0	10	2
Sweet Life® Double Fudge Cookie	32	160	70	8	3.5	0	10	105	21	1	14	2
·											l	
Beverages	0.5	2.0	0	0	0	0	0	1 -	0	0	0	
Capri Sun® Roarin' Waters Tropical Fruit Milk 1%	6 fl oz.	30 110	20	0 2	0 1.5	0	0 10	15 140	8 14	0	8 13	9
Chocolate Milk 1%	7 fl oz. 7 fl oz.	180	20	2.5	1.5	0	10	210	29	0	26	10
Milk 2%	10 fl oz.	170	50	6	4	0	25	180	17	0	16	12
Pepsi®*	16 fl oz.	200	0	0	0	0	0	40	56	0	56	0
Pepsi®*	20 fl oz.	250	0	0	0	0	0	55	69	0	69	0
Pepsi®*	30 fl oz.	380	0	0	0	0	0	75	105	0	105	0
Pepsi®*	64 fl oz.	800	0	0	0	0	0	160	224	0	224	0
Diet Pepsi®*	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi®*	20 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi®*	30 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Diet Pepsi®*	64 fl oz.	0	0	0	0	0	0	200	0	0	0	0
Pepsi MAX®*	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Pepsi MAX®* Pepsi MAX®*	20 fl oz.	0	0	0	0	0	0	60 95	0	0	0	0
Pepsi MAX®*	30 fl oz.	0	0	0	0	0	0	200	0	0	0	0
Wild Cherry Pepsi®*	16 fl oz.	200	0	0	0	0	0	40	56	0	56	0
Wild Cherry Pepsi®*	20 fl oz.	250	0	0	0	0	0	55	69	0	69	0
Wild Cherry Pepsi®*	30 fl oz.	380	0	0	0	0	0	75	105	0	105	0
Wild Cherry Pepsi®*	64 fl oz.	800	0	0	0	0	0	160	224	0	224	0
Sierra Mist®*	16 fl oz.	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist®*	20 fl oz.	250	0	0	0	0	0	50	68	0	68	0
Sierra Mist®*	30 fl oz.	380	0	0	0	0	0	75	101	0	101	0
Sierra Mist®*	64 fl oz.	800	0	0	0	0	0	160	216	0	216	0
Diet Sierra Mist®	16 fl oz.	0	0	0	0	0	0	50	0	0	0	0
Diet Sierra Mist®	20 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Diet Sierra Mist®	30 fl oz.	0	0	0	0	0	0	95	0	0	0	0
Diet Sierra Mist®	64 fl oz.	0	0	0	0	0	0	200	0	0	0 58	0
Miranda® Strawberry* Miranda® Strawberry*	16 fl oz.	220 280	0	0	0	0	0	100 125	58 73	0	58 73	0
Miranda® Strawberry*			0	0	0	0	0	125	109	0	109	0
P. M. G.	Mation 6z2 Page 3 o	6	3	J	Ÿ	Ü	<u> </u>	. 50	.03	<u></u>	.00	



Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
Miranda® Strawberry*	64 fl oz.	880	0	0	0	0	0	400	232	0	232	0
Manzanita Sol®*	16 fl oz.	220	0	0	0	0	0	50	58	0	58	0
Manzanita Sol®*	20 fl oz.	280	0	0	0	0	0	65	73	0	73	0
Manzanita Sol®*	30 fl oz.	410	0	0	0	0	0	95	109	0	109	0
Manzanita Sol®*	64 fl oz.	880	0	0	0	0	0	200	232	0	232	0
Lipton® Brisk® Sweet Iced Tea*	16 fl oz.	140	0	0	0	0	0	70	40	0	40	0
Lipton® Brisk® Sweet Iced Tea*	20 fl oz.	180	0	0	0	0	0	90	50	0	50	0
Lipton® Brisk® Sweet Iced Tea*	30 fl oz.	260	0	0	0	0	0	130	75	0	75	0
Lipton® Brisk® Sweet Iced Tea*	64 fl oz.	560	0	0	0	0	0	280	160	0	160	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea*	16 fl oz.	0	0	0	0	0	0	60	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea*	20 fl oz.	0	0	0	0	0	0	75	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea*	30 fl oz.	0	0	0	0	0	0	115	0	0	0	0
Lipton® Brisk® Unsweetened No Lemon Iced Tea*	64 fl oz.	0	0	0	0	0	0	240	0	0	0	0
Lipton® Brisk® Lemon Tea*	16 fl oz.	140	0	0	0	0	0	30	40	0	40	0
Lipton® Brisk® Lemon Tea*	20 fl oz.	180	0	0	0	0	0	40	50	0	50	0
Lipton® Brisk® Lemon Tea*	30 fl oz.	260	0	0	0	0	0	55	75	0	75	0
Lipton® Brisk® Lemon Tea*	64 fl oz.	560	0	0	0	0	0	120	160	0	160	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	16 fl oz.	0	0	0	0	0	0	140	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	20 fl oz.	0	0	0	0	0	0	175	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	30 fl oz.	0	0	0	0	0	0	265	0	0	0	0
Lipton® Brisk® No Calorie Peach Iced Green Tea*	64 fl oz.	0	0	0	0	0	0	560	0	0	0	0
Lipton® Brisk® Peach Iced Green Tea*	16 fl oz.	160	0	0	0	0	0	50	42	0	42	0
Lipton® Brisk® Peach Iced Green Tea*	20 fl oz.	200	0	0	0	0	0	65	53	0	53	0
Lipton® Brisk® Peach Iced Green Tea*	30 fl oz.	300	0	0	0	0	0	95	79	0	79	0
Lipton® Brisk® Peach Iced Green Tea*	64 fl oz.	640	0	0	0	0	0	200	165	0	165	0
Lipton® Brisk® Raspberry Tea*	16 fl oz.	160	0	0	0	0	0	50	42	0	42	0
Lipton® Brisk® Raspberry Tea*	20 fl oz.	200	0	0	0	0	0	65	53	0	53	0
Lipton® Brisk® Raspberry Tea*	30 fl oz.	300	0	0	0	0	0	95	79	0	79	0
Lipton® Brisk® Raspberry Tea*	64 fl oz.	640	0	0	0	0	0	200	168	0	168	0
Mountain Dew®*	16 fl oz.	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew®*	20 fl oz.	280	0	0	0	0	0	90	73	0	73	0
Mountain Dew®*	30 fl oz.	410	0	0	0	0	0	130	132	0	132	0
Mountain Dew®*	64 fl oz.	880	0	0	0	0	0	280	280	0	280	0
Diet Mountain Dew®*	16 fl oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Mountain Dew®*	20 fl oz.	0	0	0	0	0	0	100 150	0	0	0	0
Diet Mountain Dew®* Diet Mountain Dew®*	30 fl oz.	0	0	0	0	0	0	320	0	0	0	0
Code Red Mountain Dew®*	64 fl oz. 16 fl oz.	220	0	0	0	0	0	70	62	0	62	0
Code Red Mountain Dew®*	20 fl oz.	280	0	0	0	0	0	90	78	0	78	0
Code Red Mountain Dew®*	30 fl oz.	410	0	0	0	0	0	130	116	0	116	0
Code Red Mountain Dew®*	64 fl oz.	880	0	0	0	0	0	280	248	0	248	0
Tropicana® Lemonade*	16 fl oz.	200	0	0	0	0	0	210	54	0	54	0
Tropicana® Lemonade*	20 fl oz.	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Lemonade*	30 fl oz.	380	0	0	0	0	0	395	101	0	101	0
Tropicana® Lemonade*	64 fl oz.	800	0	0	0	0	0	840	216	0	216	0
Tropicana® Light Lemonade*	16 fl oz.	10	0	0	0	0	0	190	0	0	0	0
Tropicana® Light Lemonade*	20 fl oz.	10	0	0	0	0	0	240	0	0	0	0
Tropicana® Light Lemonade*	30 fl oz.	20	0	0	0	0	0	355	0	0	0	0
Tropicana® Light Lemonade*	64 fl oz.	40	0	0	0	0	0	760	0	0	0	0
Tropicana® Pink Lemonade*	Mafecfl 9,72		0	0	0	0	0	210	54	0	54	0
<u> </u>	Page 4 o											



ltem	Serving Size (gms	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gn	Trans Fat (g)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (g	Dietary Fiber (gm	Sugars (gms)	Protein (gms)
Tropicana® Pink Lemonade*	20 fl oz.	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Pink Lemonade*	30 fl oz.	380	0	0	0	0	0	395	101	0	101	0
Tropicana® Pink Lemonade*	64 fl oz.	800	0	0	0	0	0	840	216	0	216	0
Tropicana® Fruit Punch*	16 fl oz.	220	0	0	0	0	0	50	60	0	60	0
Tropicana® Fruit Punch*	20 fl oz.	280	0	0	0	0	0	65	75	0	75	0
Tropicana® Fruit Punch*	30 fl oz.	410	0	0	0	0	0	95	113	0	113	0
Tropicana® Fruit Punch*	64 fl oz.	880	0	0	0	0	0	200	240	0	240	0
Tropicana® Twister® Orange*	16 fl oz.	220	0	0	0	0	0	50	62	0	62	0
Tropicana® Twister® Orange*	20 fl oz.	280	0	0	0	0	0	65	78	0	78	0
Tropicana® Twister® Orange*	30 fl oz.	410	0	0	0	0	0	95	116	0	116	0
Tropicana® Twister® Orange*	64 fl oz.	880	0	0	0	0	0	200	248	0	248	0
Mug Root Beer®*	16 fl oz.	200	0	0	0	0	0	30	52	0	52	0
Mug Root Beer®*	20 fl oz.	250	0	0	0	0	0	40	65	0	65	0
Mug Root Beer®*	30 fl oz.	380	0	0	0	0	0	55	98	0	98	0
Mug Root Beer®*	64 fl oz.	800	0	0	0	0	0	120	208	0	208	0
Dr Pepper®**	16 fl oz.	200	0	0	0	0	0	80	53	0	53	0
Dr Pepper®**	20 fl oz.	250	0	0	0	0	0	100	66	0	64	0
Dr Pepper®**	30 fl oz.	380	0	0	0	0	0	150	99	0	99	0
Dr Pepper®**	64 fl oz.	800	0	0	0	0	0	320	211	0	211	0
Diet Dr Pepper®**	16 fl oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Dr Pepper®**	20 fl oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Dr Pepper®**	30 fl oz.	0	0	0	0	0	0	150	0	0	0	0
Diet Dr Pepper®**	64 fl oz.	0	0	0	0	0	0	320	0	0	0	0
7UP®**	16 fl oz.	190	0	0	0	0	0	55	51	0	50	0
7UP®**	20 fl oz.	240	0	0	0	0	0	70	64	0	63	0
7UP®**	30 fl oz.	360	0	0	0	0	0	105	96	0	95	0
7UP®**	64 fl oz.	770	0	0	0	0	0	225	205	0	202	0

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date

of publication. If you have any questions about KFC and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-CALL-KFC.

Nutrition values for fountain beverages accounts for the addition of 2oz of ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.



Please visit www.choosemyplate.gov for more information.

 $<sup>^{\</sup>star}$  Registered Trademark of PepsiCo, Inc.

<sup>\*\*</sup> Registered Trademark of Dr. Pepper/Seven Up, Inc