

Garden Sensations® Salads Flavor-Packed Entrée Salads* Prepared Fresh Daily	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Mandarin Chicken® Salad Iceberg, Romaine, Spring Mix, Mandarin Oranges, Diced Chicken	1 ea.	348	170	15	2	0.5	0	60	480	660	18	3	13	23	70	50	6	10
Crispy Noodles	1 pkt.	14	60	20	2	0	0	0	170	15	10	0	1	1	0	0	0	2
Roasted Almonds	1 pkt.	21	130	100	11	1	0	0	70	150	4	2	0	5	0	0	6	6
Oriental Sesame Dressing	1 pkt.	64	190	100	11	1.5	0	0	490	30	21	0	19	1	0	2	2	2
Caesar Chicken Salad Romaine, Grape Tomatoes, Parmesan Cheese, Diced Chicken	1 ea.	282	180	45	5	2.5	0	70	550	780	9	4	4	27	190	90	20	10
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Caesar Dressing †	1 pkt.	28	120	120	13	2.5	0	20	220	5	1	0	0	1	0	2	2	0
Chicken BLT Salad Iceberg, Romaine, Spring Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken	1 ea.	374	340	160	18	9	0	105	840	820	12	4	6	34	90	50	30	10
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Honey Mustard Dressing	1 pkt.	64	280	230	26	4	0	25	370	10	11	0	10	1	0	0	2	2
Southwest Taco Salad Iceberg, Romaine, Diced Tomatoes, Cheddar Cheese, Wendy's Chili	1 ea.	501	440	200	22	12	1	80	1,100	860	32	9	10	30	80	35	45	20
Reduced Fat Acidified Sour Cream	1 pkt.	28	45	35	3.5	2.5	0	10	30	45	2	0	1	1	4	0	4	0
Seasoned Tortilla Strips	1 pkt.	21	110	45	5	1	0	0	160	40	13	1	0	2	2	0	4	4
Ancho Chipotle Ranch Dressing	1 pkt.	43	110	90	10	2	0	15	330	55	4	0	2	1	2	10	4	0
Additional Salad Dressings Fat Free French Reduced Fat Creamy Ranch Low Fat Honey Mustard Italian Vinaigrette Creamy Ranch Blue Cheese Thousand Island	1 pkt. 1 pkt. 1 pkt. 1 pkt. 1 pkt. 1 pkt. 1 pkt.	64 64 64 64 64 64 64	80 100 110 140 230 260 260	0 70 30 110 200 240 220	0 8 3 12 23 27 25	0 1.5 0 2 4 4.5 4	0 0 0 0 0 0 0	0 15 0 0 15 35 20	210 450 340 400 450 460 440	10 80 15 10 70 20 0	19 6 21 9 5 3 8	0 1 0 0 0 3 0	16 3 16 8 1 1 7	0 1 0 0 0 2 1	2 0 0 0 0 2 2	2 0 0 2 0 0 2	0 6 2 0 4 4 0	2 2 2 0 2 2 2

* Toppings and Salad Dressings listed separately. † Chicken Caesar Salad is served with 2-1oz. packets of Caesar Dressing

Beverages and Frosty™ Refreshments for Everyone's Thirst	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Milk, 2% Reduced Fat Milk	1 ea.	227	120	40	4.5	3	0	20	135	340	13	0	12	8	10	4	50	0
Milk, 1% Low Fat Chocolate	1 ea.	227	170	20	2.5	1.5	0	15	200	380	28	0	26	8	10	4	30	0
Diet Coke®, Medium Cup*	1 ea.	325	0	0	0	0	0	0	15†	30	0	0	0	0	0	0	0	0
Sprite®, Medium Cup*	1 ea.	338	130	0	0	0	0	0	30†	0	34	0	34	0	0	0	0	0
Coca-Cola®, Medium Cup*	1 ea.	339	140	0	0	0	0	0	0†	0	37	0	37	0	0	0	0	0
Dasani® Water	1 ea.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Junior Frosty	1 ea.	113	160	35	4	2.5	0	15	75	260	28	0	21	4	8	0	15	8
Small Frosty	1 ea.	227	330	70	8	5	0	35	150	530	56	0	42	8	15	0	30	15
Medium Frosty	1 ea.	298	430	100	11	7	0	45	200	690	74	0	55	10	20	0	40	20
Fix 'N Mix Frosty	1 ea.	117	170	35	4	2.5	0	20	80	270	29	0	22	4	8	0	15	8
Oreo® Cookie Crumbles	1 pkt.	21	100	40	4	1.5	0	0	115	40	15	1	9	1	0	0	0	6
Butterfinger® Candy Crumbles	1 pkt.	28	130	45	5	2.5	0	0	65	55	20	1	14	2	0	0	2	2
M&M's® Candy Crumbles	1 pkt.	28	140	50	6	3.5	0	5	15	75	20	1	18	1	2	0	2	2

*To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Small (16 oz.) soft drink, multiply by 0.8; Biggie (32 oz.) soft drink, multiply by 1.6.

†The sodium value will vary based on the level of sodium in your city's water supply.

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This nutrition information is current as of February 28, 2006.

Side Selections Numerous Options for a Balanced Meal	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Side Salad Iceberg, Romaine, Cucumbers, Grape Tomatoes, Carrots	1 ea.	168	35	0	0	0	0	0	25	330	8	2	4	1	90	25	4	4
Caesar Side Salad Romaine, Parmesan Cheese, Bacon Pieces	1 ea.	99	70	40	4.5	2	0	15	135	220	3	2	1	5	100	35	10	6
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Caesar Dressing	1 pkt.	28	120	120	13	2.5	0	20	220	5	1	0	0	1	0	2	2	0
Mandarin Orange Cup	5 oz.	142	80	0	0	0	0	0	15	90	19	1	17	1	2	40	2	4
Low Fat Strawberry Flavored Yogurt Granola Topping	1 ea. 1 pkt.	142 21	140 110	10 40	1.5 4.5	1 0.5	0 0	5 0	85 0	270 60	27 15	0 1	11 6	6 2	2 0	2 0	20 2	2 4
Plain Baked Potato	10 oz.*	283	270	5	0	0	0	0	25	1560	61	7	3	7	0	60	6	15
Sour Cream & Chives Baked Potato Potato, Reduced Fat Acidified Sour Cream, Chives	1 ea.	312	320	35	4	2.5	0	10	55	1610	63	7	4	9	6	60	8	15
Buttery Best Spread	1 pkt.	11	50	50	6	1	0	0	90	0	0	0	0	0	8	0	0	0
Small Chili	8 oz.	227	220	60	6	2.5	0	35	780	410	23	5	6	17	4	4	8	15
Large Chili	12 oz.	340	330	80	9	3.5	0.5	55	1170	610	35	8	9	25	6	6	10	20
Hot Chili Seasoning	1 pkt.	7	5	0	0	0	0	0	270	0	2	0	1	0	0	0	0	0
Saltine Crackers	2 ea.	6	25	5	0.5	0	0	0	95	10	4	0	0	0	0	0	0	2
Cheddar Cheese, shredded	2 T.	17	70	50	6	3.5	0	15	110	15	1	0	0	4	4	0	10	0
Baked Lay's	1 bag	32	130	20	2	0	0	0	200	290	26	2	2	2	0	4	4	2
Kids' Meal French Fries	3.2 oz.	91	280	120	14	2.5	3.5	0	270	480	37	3	0	3	2	6	2	4
Medium French Fries	5.0 oz.	142	440	190	21	3.5	5	0	430	760	58	5	0	5	2	10	2	6
Biggie® French Fries	5.6 oz.	159	490	210	24	4	6	0	480	850	64	6	0	5	4	10	2	8
Great Biggie® French Fries	6.7 oz.	190	590	260	28	5	7	0	570	1010	77	7	0	6	4	15	2	10

* Average weight.

Homestyle Chicken Strips & Crispy Chicken Nuggets Crispy All-White Meat for Full Flavor Dipping	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Homestyle Chicken Strips	3 ea.	159	410	160	18	3.5	3	60	1470	420	33	0	0	28	0	0	2	6
Deli Honey Mustard Dipping Sauce	1 pkt.	35	170	140	16	2.5	0	15	220	15	6	0	5	1	0	0	0	2
Spicy Southwest Chipotle Dipping Sauce	1 pkt.	35	150	130	15	2.5	0	25	180	35	5	0	1	1	2	8	0	2
Heartland Ranch Dipping Sauce	1 pkt.	35	200	200	22	3.5	0	15	280	20	1	0	1	0	0	0	0	0
Sweet & Spicy Hawaiian Dipping Sauce	1 pkt.	35	70	0	0	0	0	0	350	25	17	0	13	0	4	0	0	0
Wild Buffalo Ranch Dipping Sauce	1 pkt.	35	180	170	19	3	0	10	420	15	2	0	1	0	1	2	0	0
4 Piece Kids' Meal Nuggets	4 pc.	60	180	100	11	2.5	1.5	25	390	140	10	0	1	8	0	0	0	2
5 Piece Nuggets	5 pc.	75	220	130	14	3	1.5	35	490	170	13	0	1	10	0	0	0	2
10 Piece Nuggets	10 pc.	150	440	260	29	6	3.5	70	970	350	25	0	1	21	0	0	2	6
Barbecue Nugget Sauce	1 pkt.	28	45	0	0	0	0	0	170	105	10	0	8	1	0	0	0	4
Sweet & Sour Nugget Sauce	1 pkt.	28	50	0	0	0	0	0	120	20	13	0	11	0	0	2	0	0
Honey Mustard Nugget Sauce	1 pkt.	28	130	110	12	2	0	10	220	15	6	0	5	0	0	0	0	0

This nutrition information is current as of February 28, 2006.

Sandwiches 100% Ground Beef and Whole-Breast Chicken Fillets Taste Great	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Jr. Hamburger 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	117	280	80	9	3.5	0.5	30	600	210	34	1	7	15	2	2	2	20
Jr. Cheeseburger 2 oz.* Patty, American Cheese Jr., Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	129	320	110	13	6	0.5	40	820	230	34	1	7	17	6	2	10	20
Jr. Cheeseburger Deluxe 2 oz.* Patty, American Cheese Jr., Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	179	360	140	16	6	0.5	45	880	310	37	2	8	18	10	8	10	20
Jr. BBQ Cheeseburger 2 oz.* Patty, American Cheese Jr., BBQ Sauce, Pickles, Onions, Sandwich Bun	1 ea.	128	330	110	13	6	0.5	40	800	240	36	1	8	17	6	2	10	20
Jr. Bacon Cheeseburger 2 oz.* Patty, American Cheese Jr., Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	161	370	150	17	7	0.5	50	750	290	34	2	6	19	10	8	10	20
Hamburger, Kids' Meal 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	110	270	80	9	3.5	0.5	30	600	200	33	1	6	15	2	0	2	20
Cheeseburger, Kids' Meal 2 oz.* Patty, American Cheese Jr., Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	122	320	110	13	6	0.5	40	820	220	34	1	6	17	6	0	10	20
Ham & Cheese Sandwich, Kids' Meal Black Forest Ham, Lettuce, Sandwich Bun	1 ea.	105	240	60	6	3	0	30	890	200	32	1	5	14	4	2	8	15
Turkey & Cheese Sandwich, Kids' Meal Roasted Turkey Breast, Lettuce, Sandwich Bun	1 ea.	113	250	60	6	3	0	25	910	300	34	1	5	14	4	2	8	10
Classic Single® w/ Everything 1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	218	420	180	19	7	1	65	900	420	37	2	8	25	8	10	4	25
Big Bacon Classic® 1/4 lb.* Patty, American Cheese, Bacon, Mayonnaise, Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Roll	1 ea.	282	580	260	29	12	1.5	95	1400	590	46	3	11	35	20	20	15	30
Ultimate Chicken Grill Sandwich Ultimate Chicken Grill Fillet, Honey Mustard Sauce, Tomato, Lettuce, Kaiser Roll	1 ea.	225	360	60	7	1.5	0	75	1100	540	44	2	10	31	15	30	4	15
Spicy Chicken Fillet Sandwich Spicy Chicken Fillet, Mayonnaise, Tomato, Lettuce, Kaiser Roll	1 ea.	231	510	170	19	3.5	1.5	55	1480	550	57	2	8	29	8	8	4	15
Homestyle Chicken Fillet Sandwich Homestyle Chicken Fillet, Mayonnaise, Tomato, Lettuce, Kaiser Roll	1 ea.	230	540	190	22	4	1.5	55	1350	520	57	2	8	29	15	15	4	20
Black Forest Ham & Swiss Frescata™ Black Forest Ham, Swiss Cheese, Honey Mustard Sauce, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	255	480	180	20	6	0	65	1490	500	50	4	8	28	25	20	25	20
Roasted Turkey & Swiss Frescata Roasted Turkey Breast, Swiss Cheese, Mayonnaise, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	270	490	190	21	7	0	60	1530	690	52	4	5	26	25	15	25	20
Frescata Club Roasted Turkey Breast, Black Forest Ham, Bacon, Mayonnaise, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	249	440	150	16	3.5	0	50	1530	600	50	4	5	23	20	20	2	20
Roasted Turkey & Basil Pesto Frescata Roasted Turkey Breast, Roasted Red Peppers, Basil Pesto Spread, Romaine Lettuce, Artisan Bread	1 ea.	225	420	140	16	3	0	40	1530	570	50	4	4	21	35	35	6	20

* Approximate weight before cooking.

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Sandwich Components Everything Can Be Made to Order for Your Taste <small>Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.</small>	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
2 oz.* Hamburger Patty	2 oz.*	37	100	60	7	3	0.5	30	130	115	0	0	0	10	0	0	0	6
1/4 lb.* Hamburger Patty	¼ lb.*	74	210	130	14	6	1	60	260	230	0	0	0	19	2	0	0	10
Ultimate Chicken Grill Fillet	1 pc.	105	120	20	2.5	0.5	0	70	630	350	2	0	0	23	0	15	0	2
Spicy Chicken Fillet	1 pc.	108	260	110	12	2.5	1.5	50	1050	350	16	0	0	22	2	2	2	4
Homestyle Chicken Fillet	1 pc.	105	260	110	12	2.5	1.5	50	880	320	17	0	0	21	0	4	2	4
Roasted Turkey Breast	4 slices	85	80	15	1.5	0	0	30	810	430	5	0	0	12	0	2	0	2
Black Forest Ham	4 slices	71	70	15	1.5	0.5	0	35	780	240	1	0	1	14	0	4	0	2
Sandwich Bun	1 ea.	58	160	15	2	0	0	0	290	65	31	1	5	5	0	0	2	10
Kaiser Roll	1 ea.	71	200	20	2.5	0	0	0	350	110	38	2	6	7	0	0	2	15
Artisan Bread	1 ea.	85	250	50	6	1	0	0	510	95	43	3	2	7	0	0	2	15
American Cheese Jr.	1 slice	12	45	30	3.5	2.5	0	10	220	20	0	0	0	2	4	0	6	0
American Cheese	1 slice	18	70	50	5	3.5	0	15	320	30	1	0	0	3	6	0	10	0
Swiss Cheese	1 slice	19	70	50	6	4	0	20	85	15	0	0	0	5	4	0	20	2
Bacon	1 strip	4	20	10	1.5	0.5	0	5	55	10	0	0	0	1	0	2	0	0
Mayonnaise	1 tsp.	9	30	30	3	0.5	0	5	60	0	1	0	0	0	0	0	0	0
Honey Mustard Sauce	1 tsp.	10	40	30	3.5	0	0	5	60	0	3	0	2	0	0	6	0	0
BBQ Sauce	1 tsp.	9	15	0	0	0	0	0	80	25	4	0	3	0	2	2	0	0
Basil Pesto Spread	2 tsp.	18	80	70	8	1.5	0	10	105	20	1	0	0	1	2	2	2	0
Dill Pickles	4 ea.	11	0	0	0	0	0	0	150	10	0	0	0	0	0	2	0	0
Ketchup	1 tsp.	7	5	0	0	0	0	0	80	15	2	0	1	0	0	0	0	0
Mustard	½ tsp.	5	5	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0
Honey Mustard Sauce	1 tsp.	5	0	0	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Iceburg Lettuce	1 leaf	15	0	0	0	0	0	0	0	20	0	0	0	0	2	0	0	0
Romaine Lettuce	1 leaf	9	0	0	0	0	0	0	0	20	0	0	0	0	10	4	0	0
Tomato	1 slice	26	5	0	0	0	0	0	0	60	1	0	1	0	4	6	0	0
Onion	4 rings	13	5	0	0	0	0	0	0	20	1	0	1	0	0	2	0	0
Roasted Red Peppers	2 tbsp.	28	10	0	0	0	0	0	105	N/A	1	0	1	0	25	25	0	0

* Approximate weight before cooking.

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American Cheese: Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Soy Lecithin. CONTAINS: MILK.

Ancho Chipotle Ranch Dressing: Buttermilk, Soybean Oil, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Chili Peppers, Sugar, Egg Yolk, Salt, Garlic Juice, Buttermilk Powder (buttermilk, whey), Modified Corn Starch, Garlic, Chipotle Peppers, Onion, Natural Flavors Including Smoke Flavor, Ancho Peppers, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Spices, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Jalapeno Peppers, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Artisan Bread: Unbleached Flour (wheat flour, malted barley flour), Water, Extra Virgin Olive Oil, Sour Culture, Contains less than 2% of the following: Salt, Sugar, Yeast, Semolina, Malt Powder, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Ascorbic Acid (dough conditioner), Folic Acid, Ferrous Sulfate. CONTAINS: WHEAT.

Bacon: Pork cured with: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Bacon Pieces: Pork cured with: Water, Salt, Sodium Phosphates, Sodium Nitrite, Smoke Flavoring. Contains one or more of the following: Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

Baked! Lay's®: Dehydrated Potatoes, Modified Corn Starch, Sugar, Corn Oil, Salt, Soy Lecithin, Leavening (monocalcium phosphate and sodium bicarbonate), Dextrose. CONTAINS: SOY.

Barbecue Nugget Sauce: High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Molasses, Salt, Modified Corn Starch, Torula Yeast, Natural Smoke Flavor, Spices, Onion, Sodium Benzoate (preservative), Garlic.

Basil Pesto Spread: Soybean Oil, Water, Basil, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Parmesan Cheese (pasteurized cultured milk, enzymes, salt), Cheese Flavor (granular cheese, water, sodium phosphate, enzymes), Garlic, Distilled White Vinegar, Lemon Juice (purified water, citric acid, fructose, natural lemon flavor, lemon juice concentrate, sodium citrate, sodium benzoate, potassium sorbate [preservatives]), Extra Virgin Olive Oil, Egg, Egg Yolk, Salt, Granulated Garlic, Parsley, Lactic Acid, Sugar, Xanthan Gum, Phosphoric Acid, Sodium Benzoate (preservative), Potassium Sorbate (preservative), Spice. CONTAINS: EGG, MILK.

BBQ Sauce: Distilled White Vinegar, Fructose, Tomato Paste, Molasses, Salt, Modified Corn Starch, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor, sulfating agent), Hickory Smoke Flavor, Chili Powder (chili pepper, cumin, salt, oregano, garlic), Caramel Coloring, Spices, Onion Powder, Sodium Benzoate and Potassium Sorbate (preservative).

Black Forest Ham: Pork, Water, Salt, Dextrose, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Natural Smoke Flavoring. Coated with Caramel.

Buns, Kaiser and Sandwich: Enriched Wheat Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Yeast, Salt, Gluten, Contains 2% or less of: Dough Conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl-2-lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, enzymes), Yeast Nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), Turmeric, Paprika, Natural Flavor, Yellow Corn Meal (Kaiser Bun only), Calcium Silicate, Soy Flour, Calcium Propionate (preservative). CONTAINS: WHEAT, SOY.

Butterfinger® Candy Crumbles: Sugar, Corn Syrup, Ground Roasted Peanuts, Partially Hydrogenated Palm Kernel Oil, Cocoa, Molasses, Contains less than 1% of: Whey, Confectioner's Corn Flakes, Nonfat Milk, Salt, Lactic Acid Esters, Soy Lecithin, Soybean Oil, Corn Starch, Artificial Flavors, Yellow 5, TBHQ and Citric Acid (preservatives), Red 40. CONTAINS: MILK, PEANUT, SOY.

Buttery Best Spread: Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Vegetable Mono and Diglycerides, Pectin and Sodium Alginate, Natural and Artificial Flavors, Buttermilk, Soy Lecithin, Potassium Sorbate (preservative), Citric Acid, Calcium Disodium EDTA (flavor protector), Beta Carotene, Vitamin A Palmitate. CONTAINS: MILK, SOY.

Caesar Dressing: Soybean Oil, Water, Egg Yolk, Parmesan and Romano Cheese (milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Salt, Lemon Juice Concentrate, Spice, Garlic, Lactic Acid, Sugar, Polysorbate 60, Xanthan Gum, Modified Corn Starch, Anchovies, Natural Flavors, Propylene Glycol Alginate, Sodium Benzoate (preservative), Yeast Extract, Soy Flour, Maltodextrin, Disodium Inosinate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, FISH (ANCHOVIES), MILK, SOY.

Cheddar Cheese, Shredded: Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (anti-caking agents), Natamycin (natural mold inhibitor). CONTAINS: MILK.

Cheese Sauce: Cheddar Cheese Solids (cheddar cheese [milk, salt, cheese cultures, enzymes], whey, partially hydrogenated soybean oil, maltodextrin, reduced lactose whey, buttermilk, salt, disodium phosphate, blue cheese [milk, salt, cheese cultures, enzymes], non-fat milk, citric acid, artificial color [including yellow 5 and 6]), Modified Tapioca Starch, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Non-Fat Milk, Salt, Tricalcium Phosphate, Sodium Caseinate, Citric Acid, Butter, Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Whey, Guar Gum, Autolyzed Yeast Extract, Disodium Inosinate, Carrageenan. CONTAINS: MILK.

Chili: Ground Beef, Chili Base (tomatoes, salt, citric acid, calcium chloride), Chili Seasoning (maltodextrin, tomato, salt, modified corn starch, chili pepper, sugar, onion, spices, dextrose, garlic, soybean oil, xanthan gum, citric acid, autolyzed yeast extract, extracts of paprika, disodium inosinate, disodium guanylate, artificial flavors, silicon dioxide [anti-caking agent]), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion, calcium chloride, calcium disodium EDTA [preservative]), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion, calcium chloride), Vegetable Mix (onion, celery, peppers).

Coca-Cola®: High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Creamy Ranch Dressing: Soybean Oil, Cultured Buttermilk, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Cultured Buttermilk, Garlic, Whey, Natural Flavors, Onion, Spices, Modified Corn Starch, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Lactic Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Crispy Chicken Nuggets: Chicken Breast with Rib Meat, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate. Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Yellow Corn Flour, Yeast, Garlic, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in: Partially Hydrogenated Soybean and Corn Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: MILK, WHEAT.

Crispy Noodles: Bleached Enriched Wheat Flour (niacin, iron, thiamine mononitrate, riboflavin), Corn Oil (contains TBHQ), Rice Flour, Modified Corn Starch, Salt, Water. CONTAINS: WHEAT.

Dasani® Water: Purified Water, Magnesium Sulfate, Potassium Chloride, Salt.

Deli Honey Mustard Dipping Sauce: Soybean Oil, Water, High Fructose Corn Syrup, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Distilled Vinegar, Sugar, Egg Yolk, Mustard Seed, Honey, Salt, Citric Acid, Xanthan Gum, Spices including Turmeric, Sodium Benzoate and Potassium Sorbate (preservatives), Propylene Glycol Alginate, Natural Flavors, Extractives of Paprika and Turmeric, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, WHEAT.

Diced Chicken: Chicken Breast with Rib Meat, Water, Seasoning (salt, dextrose, maltodextrin, natural and artificial flavoring [contains wheat flour, egg, soybean], autolyzed yeast extract, sugar, fructose, onion, disodium guanylate, disodium inosinate), Modified Corn Starch and Soy Protein Concentrate, Sodium Phosphates, Fructose. CONTAINS: EGG, SOY, WHEAT.

Diet Coke®: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Phenylketonurics: Contains Phenylalanine.

Dill Pickles: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Sodium Benzoate (preservative), Natural Flavors, Polysorbate 80, Turmeric, Yellow 5, Blue 1.

Fat Free French Style Dressing: Water, Honey, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Corn Syrup, Cider Vinegar, Modified Corn Starch, Salt, Mustard Flour, Microcrystalline Cellulose, Onion, Garlic, Potassium Sorbate and Sodium Benzoate (preservatives), Natural Flavors, Xanthan Gum, Cellulose Gum, Lemon Juice Concentrate, Colored and Flavored with Paprika, Yellow 6, Spice, Calcium Disodium EDTA (flavor protector).

French Fries: Potatoes, Partially Hydrogenated Soybean Oil, Dextrose, Disodium Dihydrogen Pyrophosphate (color protector). Cooked in: Partially Hydrogenated Soybean and Corn Oil. Note: May be cooked in the same oil as Crispy Chicken Nuggets, Homestyle Chicken Strips, and Fish Fillets (where available).

Frosty™: Milk, Sugar, Cream, Nonfat Dry Milk, Corn Syrup, Whey, Cocoa, Dextrose, Guar Gum, Cellulose Gum, Mono and Diglycerides, Carrageenan, Disodium Phosphate, Artificial and Natural Flavors. CONTAINS: MILK.

Granola: Oats, Brown Sugar, Soybean Oil.

Hamburger Patty: Ground Beef. Seasoned with Salt.

Heartland Ranch Dipping Sauce: Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Salt, Sugar, Garlic, Onion, Citric Acid, Yeast Extract, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Homestyle Chicken Fillet: Chicken Breast with Rib Meat, Water, Modified Potato Starch, Seasoning (salt, flavor, maltodextrin, modified corn starch, contains less than 2% of: citric acid, disodium guanylate, disodium inosinate, chicken broth, partially hydrogenated soybean and cottonseed oil, soy sauce solids [wheat, soybeans, salt], yeast extract), Sodium Phosphate. Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Wheat Gluten, Leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), Egg Whites, Onion, Garlic, Fructose, Maltodextrin, Yeast, Chicken Broth, Natural and Artificial Flavor, Locust Gum, Lactic Acid, Xanthan Gum, Extractives of Paprika. Cooked in: Partially Hydrogenated Soybean Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: EGG, SOY, WHEAT.

Homestyle Chicken Strips: Chicken Breast with Rib Meat, Water, Modified Potato Starch, Salt, Sodium Phosphate. Breaded With: Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Sugar, Spice, Leavening (sodium bicarbonate, sodium aluminum phosphate), Dextrose, Onion, Garlic, Chicken Broth, Autolyzed

Yeast, Maltodextrin, Natural and Artificial Flavor, Extractives of Paprika, Lactic Acid. Cooked in: Partially Hydrogenated Soybean and Corn Oil. Note: May be cooked in the same oil as Crispy Chicken Nuggets and Fish Fillets (where available). CONTAINS: WHEAT.

Homestyle Garlic Croutons: Wheat Flour, Sunflower Oil and/or Canola Oil, Salt, Garlic, Water, Yeast, Spice, Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (maintains freshness). CONTAINS: MILK, WHEAT.

Honey Mustard Dressing: Soybean Oil, Water, Distilled Vinegar, High Fructose Corn Syrup, Honey, Egg Yolk, Mustard Seed, Salt, Sugar, White Wine, Xanthan Gum, Natural Flavor, Spices, Citric Acid, Tartaric Acid, Colored and Flavored with Oleoresin Paprika, Calcium Disodium EDTA (flavor protector), Turmeric, Yellow 5. CONTAINS: EGG.

Honey Mustard Nugget Sauce: Soybean Oil, Honey, Dijon Mustard (water, mustard seed, distilled vinegar, salt, white wine, citric acid, tartaric acid, spices), Water, Vinegar, Egg Yolk, Sugar, Salt, Xanthan Gum, Spices including Paprika, Sodium Benzoate (preservative), Oleoresin Paprika, Yellow 5. CONTAINS: EGG.

Honey Mustard Sauce: Soybean Oil, Honey, Water, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Sugar, Distilled Vinegar, Egg Yolk, Salt, Mustard Seed, Egg White, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Titanium Dioxide, Spice, Garlic, Onion, Natural Flavor, Lemon Juice from Concentrate, Calcium Disodium EDTA (flavor protector). CONTAINS EGG.

Hot Chili Seasoning: Water, Corn Syrup, Salt, Distilled Vinegar, Natural Flavors, Xanthan Gum, Caramel Color.

Italian Vinaigrette Dressing: Water, Soybean Oil, White Wine Vinegar, Sugar, Distilled Vinegar, Garlic, Salt, Mustard Seed, Modified Corn Starch, Propylene Glycol Alginate, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Bell Peppers, Calcium Disodium EDTA (flavor protector).

Ketchup: Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion, Natural Flavoring.

Low Fat Honey Mustard Dressing: Water, High Fructose Corn Syrup, Distilled Vinegar, Honey, Soybean Oil, Maltodextrin, Modified Corn Starch, Mustard Seed, Salt, Titanium Dioxide, Egg Yolk, Sodium Benzoate (preservative), Spices, Natural and Artificial Flavor, Xanthan Gum, Cultured Whey, Disodium Inosinate, Disodium Guanylate, Turmeric, Calcium Disodium EDTA (flavor protector), Yellow 5, Colored and Flavored with Oleoresin Paprika. CONTAINS: EGG, MILK.

Low Fat Strawberry Flavored Yogurt: Cultured Lowfat Milk, Sugar, Nonfat Milk, High Fructose Corn Syrup, Whey Protein Concentrate, Modified Corn Starch, Gelatin, Pectin, Natural Flavors, Red 40, Blue 1. Active Cultures Include Lactobacillus Acidophilus and Bifidobacterium SP. CONTAINS: MILK.

M&M's® Candy Crumbles: Milk Chocolate (sugar, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), Sugar, Corn Starch, Contains less than 1% of: Corn Syrup, Gum Acacia, Coloring (including red 40 lake, yellow 6, yellow 5, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake), Dextrin. May contain Peanuts. CONTAINS: MILK, SOY.

Mandarin Oranges: Mandarin Oranges, Water, Sugar.

Mayonnaise: Water, Soybean Oil, Corn Syrup, Egg Yolk, Modified Corn Starch, Distilled Vinegar, Salt, Spice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector), Yellow 5 and 6. CONTAINS: EGG.

Milk, 2% Reduced Fat Milk: Refer to package label.

Milk, 1% Lowfat Chocolate Milk: Refer to package label.

Mustard: Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric, Paprika, Spice.

Oriental Sesame Dressing: Water, High Fructose Corn Syrup, Soy Sauce (water, wheat, soybeans, salt), Soybean Oil, Sugar, Corn Syrup, Distilled Vinegar, Brown Sugar, Pineapple Juice Concentrate, Sesame Seed Oil, Rice Wine Vinegar, Sesame Seeds, Mustard Seed, Modified Corn Starch, Ginger, Salt, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Spices, Garlic, Calcium Disodium EDTA (flavor protector), Natural Flavor. CONTAINS: SOY, WHEAT.

Oreo® Cookie Crumbles: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Palm Oil and/or High Oleic Canola Oil and/or Soybean Oil, Cocoa (processed with alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (emulsifier), Vanillin – an artificial flavor, Chocolate. CONTAINS: SOY, WHEAT.

Parmesan Cheese, Shredded: Part-Skim Milk, Cheese Culture, Salt, Rennet. CONTAINS: MILK.

Reduced Fat Acidified Sour Cream: Milk, Cream, Modified Corn Starch, Non-Fat Dry Milk, Maltodextrin, Lactic Acid, Sodium Phosphate, Citric Acid, Guar Gum, Mono and Diglycerides, Natural & Artificial Flavor, Potassium Sorbate (preservative), Locust Bean Gum, Carrageenan. CONTAINS: MILK.

Reduced Fat Ranch Dressing: Water, Cultured Buttermilk, Soybean Oil, Distilled Vinegar, Sugar, Egg Yolk, Cultured Buttermilk, Salt, Garlic Juice, Microcrystalline Cellulose, Modified Corn Starch, Skim Milk, Garlic, Natural and Artificial Flavors, Whey Protein Concentrate, Onion, Xanthan Gum, Spices, Gelatin, Cream, Potassium Sorbate and Sodium Benzoate (preservatives), Cellulose Gum, Propylene Glycol Alginate, Titanium Dioxide, Artificial Color, Guar Gum, Lactic Acid, Sodium Phosphate, Mono and Diglycerides, Carrageenan, Locust Bean Gum, Citric Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Roasted Almonds: Almonds, Salt. CONTAINS: TREE NUTS (ALMONDS).

Roasted Red Peppers: Pimiento Peppers, Water, Salt, Citric Acid.

Roasted Turkey Breast: Turkey Breast, Turkey Broth, Contains 2% or Less of Dextrose, Modified Corn Starch, Potassium Lactate, Salt, Sodium Diacetate, Sodium Lactate, Sodium Phosphates, Spices. Coated with Caramel.

Saltines: Enriched Wheat Flour (wheat flour, niacinamide, reduced iron, thiamine mononitrate, riboflavin, folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Contains 2% or less of: Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: SOY, WHEAT.

Seasoned Tortilla Strips: Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean or sunflower oil), Salt, Buttermilk Solids, Spices, Tomato, Sweet Cream, Dextrose, Onion, Sugar, Cheddar Cheese (cultured milk, salt, enzymes), Corn Starch, Modified Corn Starch, Maltodextrin, Nonfat Dry Milk, Garlic, Torula Yeast, Citric Acid, Autolyzed Yeast, Natural and Artificial Flavor, Artificial Colors (including extractives of paprika, turmeric and annatto, titanium dioxide, red 40, yellow 5, blue 1), Disodium Phosphate, Soy Lecithin, Lactic Acid. CONTAINS: MILK.

Spicy Chicken Fillet: Chicken Breast with Rib Meat, Water, Seasoning (salt, spices, sodium phosphates, modified corn starch, paprika, extractives of paprika, extractives of turmeric). Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Gum Arabic, Egg Whites, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Dextrose, Extractives of Paprika, Yeast. Cooked in: Partially Hydrogenated Soybean Oil. Note: Spicy Chicken Fillets may be cooked in the same oil as Fish Fillets (where available). CONTAINS: EGG, WHEAT.

Spicy Southwest Chipotle Dipping Sauce: Soybean Oil, Water, Red and Green Bell Peppers, Brown Sugar, Egg Yolk, Rice Wine Vinegar, Honey, Tomato Paste, Spices, Salt, Natural Flavors, Distilled Vinegar, Cellulose Gel, Cellulose Gum, Caramel Color, Onion, Citric Acid, Garlic, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Extractives of Paprika and Turmeric, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG.

Spring Mix: Contains five or more of the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lolla Rossa, Brunia, Red Bibb, Radina.

Sprite®: High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (flavor protector), Dimethylpolysiloxane.

Sweet & Sour Nugget Sauce: High Fructose Corn Syrup, Water, Distilled Vinegar, Pineapple Juice Concentrate, Modified Corn Starch, Salt, Bell Peppers, Sodium Benzoate and Potassium Sorbate (preservatives), Soybean Oil, Caramel Color, Citric Acid, Extractives of Paprika, Spice, Red 40.

Sweet & Spicy Hawaiian Dipping Sauce: Water, Corn Syrup, High Fructose Corn Syrup, Sugar, Distilled Vinegar, Modified Corn Starch, Salt, Garlic, Spices, Pineapple Juice Concentrate, Onion, Potassium Sorbate and Sodium Benzoate (preservatives), Extractives of Paprika.

Swiss Cheese: Cultured Milk, Salt, Enzymes. CONTAINS: MILK.

Ultimate Chicken Grill Fillet: Chicken Breast with Rib Meat, Water, Seasoning (salt, flavor, maltodextrin, autolyzed yeast extract, contains less than 2% of: citric acid, chicken broth, corn syrup, disodium guanylate, disodium inosinate, soy sauce [soybeans, wheat, salt], honey, mixed triglycerides, modified corn starch, safflower oil, sugar, thiamine hydrochloride), Partially Hydrogenated Soybean Oil, Modified Corn Starch, Sodium Phosphate. CONTAINS: SOY, WHEAT.

Wild Buffalo Ranch Dipping Sauce: Soybean Oil, Water, Hot Sauce (aged cayenne red peppers, vinegar, salt, natural flavors, garlic), Distilled Vinegar, High Fructose Corn Syrup, Egg Yolk, Sour Cream (cream, skim milk, modified corn starch, lactic and citric acid, soy lecithin, sodium phosphate, potassium sorbate [preservative], guar gum, carrageenan, natural and artificial flavor, lactic acid culture), Salt, Spices, Xanthan Gum, Garlic Powder, Propylene Glycol Alginate, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

The nutrition and ingredient information contained in this guide is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may vary from store to store and may not be available at all locations. Test products are not included. The information in this guide is effective as of November 1, 2005. Updated versions will be printed periodically and will be available at your local Wendy's.

The ingredients listed in this guide are those items reported by the manufacturer. Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. We encourage anyone with food sensitivities, allergies, or special dietary needs to check wendys.com on a regular basis or contact Wendy's Consumer Relations Department to obtain the most up-to-date information.

If you have specific questions about our menu, call or write:

Wendy's Consumer Relations Department
One Dave Thomas Boulevard
Dublin, OH 43017
614/764-3100

This nutrition information is current as of February 28, 2006.