



# NUTRITIONAL GUIDE

## CLASSIC WINGS

	Serving	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Add Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
	Size	Calories	g	g	mg	mg	g	g	g	g	mcg	mg	mg	mg	mg
Atomic	1ea (38.77g)	90	5	1.5	0	45	220	1	0	0	10	0	10	0	94
Cajun	1ea (38.86g)	90	5	1.5	0	45	310	0	0	0	10	0	14	0	100
Garlic Parmesan	1ea (35.65g)	120	8	2	0	45	75	1	0	0	10	0	15	0	90
Hawaiian	1ea (39.28g)	100	5	1.5	0	45	85	3	0	2	10	0	9	0	88
Hickory Smoked BBQ	1ea (39.78g)	100	5	1.5	0	45	150	4	0	3	10	0	11	0	122
Hot Honey Rub	1ea (36g)	120	8	2	0	45	160	2	0	1	10	0	10	0	89
Lemon Pepper	1ea (34.91g)	120	8	2	0	45	210	0	0	0	10	0	16	0	84
Louisiana Rub	1ea (33.99g)	110	7	2	0	45	140	0	0	0	10	0	14	0	91
Mango Habanero	1ea (39.28g)	100	5	1.5	0	45	80	4	0	3	10	0	9	0	84
Mild	1ea (38.04g)	120	8	2	0	45	160	0	0	0	10	0	9	0	86
Original Hot	1ea (38.29g)	90	5	1.5	0	45	230	0	0	0	10	0	9	0	92
Plain	1ea (30.78g)	90	5	1.5	0	45	30	0	0	0	10	0	8	0	80
Spicy Korean Q	1ea (39.11g)	100	5	1.5	0	45	135	3	0	3	10	0	10	0	93

## BONELESS

	Serving	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Add Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
	Size	Calories	g	g	mg	mg	g	g	g	g	mcg	mg	mg	mg	mg
Atomic	1ea (33.53g)	90	4.5	1	0	10	380	7	0	0	4	0	8	0	73
Cajun	1ea (33.6g)	80	4.5	1	0	10	450	6	0	0	4	0	11	0	77
Garlic Parmesan	1ea (31.04g)	110	7	1.5	0	15	260	6	0	0	4	0	12	0	70
Hawaiian	1ea (33.94g)	90	4.5	1	0	10	270	8	0	2	4	0	7	0	68
Hickory Smoked BBQ	1ea (34.34g)	90	4.5	1	0	10	330	9	0	3	5	0	9	0	95
Hot Honey Rub	1ea (32g)	110	7	1.5	0	10	360	8	0	1	4	0	8	0	71
Lemon Pepper	1ea (29.98g)	110	7	1.5	0	10	290	6	0	0	4	0	9	0	63
Louisiana Rub	1ea (29.25g)	100	6	1	0	10	260	6	0	0	4	0	8	0	65
Mango Habanero	1ea (33.94g)	90	4.5	1	0	10	270	9	0	3	4	0	7	0	65
Mild	1ea (32.94g)	110	7	1.5	0	10	330	6	0	0	4	0	7	0	66
Original Hot	1ea (33.15g)	80	4.5	1	0	10	390	6	0	0	4	0	7	0	71
Plain	1ea (27.14g)	80	4.5	1	0	10	230	6	0	0	4	0	7	0	62
Spicy Korean Q	1ea (33.81g)	90	4.5	1	0	10	320	8	0	2	5	0	8	0	72



## CHICKEN TENDERS

	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Add Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
			g	g	g	mg	mg	g	g	g	g	g	mcg	mg	mg	mg
Atomic	1ea (73.81g)	150	7	1	0	30	850	12	0	0	0	10	0	12	0	199
Cajun	1ea (74g)	150	7	1	0	30	1020	11	0	0	0	10	0	18	0	210
Garlic Parmesan	1ea (67.58g)	210	14	2.5	0	30	550	11	0	0	0	10	0	20	0	191
Hawaiian	1ea (74.85g)	160	7	1	0	30	580	16	0	5	5	10	0	10	0	187
Hickory Smoked BBQ	1ea (75.84g)	170	7	1	0	30	710	17	0	6	6	10	0	13	1	255
Hot Honey Rub	1ea (70g)	220	14	2.5	0	30	780	14	0	3	3	10	0	11	0	193
Lemon Pepper	1ea (64.93g)	200	13	2.5	0	30	620	10	0	0	0	10	0	13	0	173
Louisiana Rub	1ea (63.12g)	180	12	2	0	30	540	10	0	0	0	10	0	10	0	178
Mango Habanero	1ea (74.85g)	170	7	1	0	30	570	17	0	7	6	10	0	9	0	179
Mild	1ea (72.35g)	200	14	2.5	0	30	730	10	0	0	0	10	0	8	0	183
Original Hot	1ea (72.86g)	140	7	1	0	30	870	10	0	0	0	10	0	9	0	195
Plain	1ea (57.84g)	140	7	1	0	30	470	10	0	0	0	10	0	8	0	171
Spicy Korean Q	1ea (74.51g)	170	7	1	0	30	680	16	0	6	5	10	0	12	0	196

## CHICKEN SANDWICH

	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Add Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
			g	g	g	mg	mg	g	g	g	g	g	mcg	mg	mg	mg
Atomic	1ea (305g)	650	24	4.5	0	80	3230	74	2	11	8	33	0	144	4	598
Cajun	1ea (306g)	640	25	4.5	0	80	3940	70	2	11	8	33	0	170	4	641
Garlic Parmesan	1ea (280g)	890	52	10	0	80	2060	71	2	11	8	34	0	179	3	565
Hawaiian	1ea (309g)	710	24	4.5	0	80	2150	90	2	30	28	33	0	136	3	549
Hickory Smoked BBQ	1ea (313g)	730	24	4.5	0	80	2680	96	2	36	32	34	0	149	6	821
Hot Honey Rub	1ea (289g)	930	51	10	0	80	2970	81	3	23	21	33	0	142	4	572
Lemon Pepper	1ea (270g)	850	50	9	0	80	2320	67	2	10	8	32	0	148	3	493
Louisiana Rub	1ea (263g)	790	43	8	0	80	2020	67	2	10	8	32	0	139	4	513
Mango Habanero	1ea (309g)	740	24	4.5	0	80	2120	94	2	36	31	32	0	132	3	516
Mild	1ea (299g)	870	52	10	0	80	2750	67	2	10	8	32	0	130	3	531
Original Hot	1ea (301g)	630	25	4.5	0	80	3340	68	2	10	8	33	0	132	3	580
Plain	1ea (241g)	610	24	4.5	0	80	1720	66	2	10	8	32	0	128	3	483
Spicy Korean Q	1ea (308g)	720	24	4.5	0	80	2570	90	2	32	27	34	0	145	4	585



## SIDES

	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Add Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
			g	g	g	mg	mg	g	g	g	g	g	mcg	mg	mg	mg
Veggie Sticks Celery	5 Sticks (56g)	10	0	0	0	0	45	1.5	1	0.5	0	1	0	23	0	145
Veggie Sticks Carrots	5 Sticks (66g)	25	0	0	0	0	45	6.5	2	3	0	1	0	22	0	210
Ranch Dip	3.25oz Cup (85g)	320	34	5	0	35	870	2	0	2	0	1	1	61	0	79
Blue Cheese Dip	3.25oz Cup (86g)	330	33	7	0	40	570	4	0	2	0	4	0	103	0	85
Honey Mustard Dip	3.25oz Cup (93g)	390	33	4.5	0	30	660	18	0	18	18	0	0	0	0	0
Cheddar Cheese Sauce Dip	3.25oz Cup (96g)	120	9	1.5	0	0	850	8	0	2	0	2	0	48	0	39
Seasoned Fries Regular	10oz (191g)	500	21	3.5	0	0	620	69	0	3	2	8	0	67	2	1530
Seasoned Fries Large	18oz (346g)	900	37	7	0	0	1060	126	0	6	3	14	0	121	3	2782
Cheese Fries Regular	10oz (255g)	580	27	5	0	0	1190	75	0	4	2	9	0	99	2	1556
Cheese Fries Large	18oz (442g)	1020	47	8	0	0	1910	134	0	8	3	15	0	169	3	2820
Buffalo Ranch Fries Regular	10oz (249g)	610	32	6	0	10	1720	71	0	4	2	8	0	89	2	1604
Buffalo Ranch Fries Large	18oz (434g)	1070	55	9	0	20	2710	129	0	8	3	15	0	154	3	2893
Louisiana Voodoo Fries Regular	10oz (283g)	680	38	7	0	10	1270	75	0	4	0	9	0	139	2	1617
Louisiana Voodoo Fries Large	18oz (483g)	1180	64	11	0	20	1870	133	0	6	0	16	0	226	4	2908
Fried Corn Regular	5ea (154g)	200	9	1.5	0	0	300	24	0	10	0	6	0	16	0	380
Fried Corn Large	10ea (308g)	400	18	3	0	0	600	48	0	19	1	12	0	31	0	759
Brownie	1ea (98g)	430	24	10	0	85	160	49	3	33	0	6	0	0	0	0



## BEVERAGES

	Portion	Serving Size (ml)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Sugars (g)	Sodium (mg)	Total Carbs (g)
Dr Pepper 20oz	Regular	600	230	0	0	0	65	75	65
Dr Pepper 32oz	Large	900	360	0	0	0	104	120	104
Coke 20oz	Regular	600	250	0	0	0	68	5	68
Coke 32oz	Large	900	400	0	0	0	108	8	108
Diet Coke 20oz	Regular	600	0	0	0	0	1	25	1
Diet Coke 32oz	Large	900	0	0	0	0	2	40	2
Sprite 20oz	Regular	600	240	0	0	0	65	55	65
Sprite 32oz	Large	900	390	0	0	0	104	88	104
Fanta Orange 20oz	Regular	600	280	0	0	0	75	35	75
Fanta Orange 32oz	Large	900	440	0	0	0	120	56	120
Fanta Strawberry 20oz	Regular	600	280	0	0	0	78	23	78
Fanta Strawberry 32oz	Large	900	450	0	0	0	124	36	124
Lipton Tea - Sweet 20oz	Regular	600	180	0	0	0	45	0	45
Lipton Tea - Sweet 32oz	Large	900	280	0	0	0	72	0	72
Lipton Tea - Plain 20oz	Regular	600	0	0	0	0	0	0	0
Lipton Tea - Plain 32oz	Large	900	0	0	0	0	0	0	0
Minute Maid Lemonade 20oz	Regular	600	240	0	0	0	63	103	65
Minute Maid Lemonade 32oz	Large	900	390	0	0	0	100	164	104
Nestea Raspberry Tea 20oz	Regular	600	200	0	0	0	52	20	52
Nestea Raspberry Tea 32oz	Large	900	310	0	0	0	84	32	84
Gold Peak Sweet Green Tea 20oz	Regular	600	200	0	0	0	55	19	55
Gold Peak Sweet Green Tea 32oz	Large	900	320	0	0	0	88	30	88
Gold Peak Unsweet Tea 20oz	Regular	600	0	0	0	0	0	20	1
Gold Peak Unsweet Tea 32oz	Large	900	0	0	0	0	0	32	2
Gold Peak Southern Tea 20oz	Regular	600	260	0	0	0	65	20	66
Gold Peak Southern Tea 32oz	Large	900	390	0	0	0	104	32	105
Nestea Peach Tea 20oz	Regular	600	200	0	0	0	50	20	50
Nestea Peach Tea 32oz	Large	900	310	0	0	0	80	30	80