NUTRITION FACTS

		Size (g)	Calories per Serving	Calories from Fat	(b)	Saturated Fat (g)	t (g)	Cholesterol (mg)	(mg)	m (mg)	Total Garbohydrate (g)	iber (g)	(B)	(ß)
HEALTHY DINING 🎾	Allergens	Serving Size (g)	Calories	Calories	Total Fat (g)	Saturate	Trans Fat (g)	Choleste	Sodium (mg)	Potassium (mg)	Total Ga	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Fajita Pita made w/ Whole Grain (no salsa) Chicken Teriyaki Bowl	SMW	192 499	320 690	100 50	11 6	5	0	65 40	870 1470	380 340	33 133	5	36	24
Chiquita® Apple Bites with Caramel Grilled Chicken Salad** Grilled Chicken Strips with Teriyaki Dipping Sauce	M SM SMW	76 373 227	70 250 310	90 70	9 8	0 4 1.5	0 0 0	70 115	55 660 1600	85 880 750	17 14 16	2 4 0	13 6 12	0 28 44
Jr. Jack [™] Smoothie, Mango 16 oz.	SEW M	141 411	320 290	140 0	15	5 0	0.5	30 0	720 75	270 180	33 72	0	6 57	14
Smoothie, Strawberry 16 oz. Smoothie, Strawberry Banana 16 oz. BURGERS & MORE	M	394 420	270 290	0	0	0	0	0	70 70	180 210	67 73	1	51 57	2
Bacon Ultimate Cheeseburger™ Big Cheeseburger	SEMW SEMW	284 181	910 560	500 270	56 30	24 12	3 1.5	165 80	2190 1170	650 340	44	2	7 6	57 29
Hamburger Hamburger with Cheese Jr. Jack™	SW SMW SEW	105 116 141	280 320 320	100 130 140	11 14 15	4 6 5	0.5 1 0.5	25 35 30	680 880 720	200 210 270	32 32 33	1 2	5 6 6	14 16 14
Jr. Jack™ with Cheese Jr. Bacon Cheeseburger	SEMW SEMW	153 120	370 390	170 180	19 21	7 8	1	40 45	920 960	280 240	33 32	2	6	16 19
Jumbo Jack* Jumbo Jack* with Cheese Sirloin Cheeseburger	SEMW SEMW	218 241 370	490 570 940	210 270 580	23 30 64	8 13 21	1.5 1.5 2.5	60 80 130	910 1310 1990	410 440 620	44 45 52	3 3	7 8 9	26 30 41
Sirloin Cheeseburger with Bacon Sirloin Swiss & Grilled Onion Burger	SEMW SEMW	388 371	1030 930	640 570	71 63	23 20	2.5 2.5	145 125	2400 1670	720 620	52 52	3	10 9	48 41
Sirloin Swiss & Grilled Onion Burger with Bacon Sourdough Jack® Sourdough Cheesesteak Melt	SEMW SEMW	390 223 215	1020 660 450	630 360 220	69 41 25	22 15 8	2.5 1.5 0	145 90 55	2080 1450 1380	710 480 400	52 40 40	3 3	10 8 6	49 35 23
Ultimate Cheeseburger TM CHICKEN & MORE	SEMW	266	820	440	49	21	3	145	1780	560	44	2	7	50
Chicken Fajita Pita made with Whole Grain (no salsa) Chicken Fajita Pita made with Whole Grain (w/ salsa) Chicken Nuggets F. pa	SMW SMW	192 215 77	320 330 240	100 100 150	11 11 17	5 5 2	0 0	65 65 25	870 990 600	380 390 170	33 35 13	4 4	3 4 0	24 24 9
Chicken Nuggets 5 pc. Chicken Nuggets 10 pc. Chicken Nuggets 20 pc.	SMW	153 306	480 950	300 600	33	4.5 9	0	50 105	1210 2420	340 690	26 51	2	0	19
Chicken Sandwich Chicken Sandwich with Bacon Chicken String Criegry A po	SEMW SEMW	147 160 195	410 470 560	190 220 220	21 25 24	3.5 5 3	0	30 45 60	880 1160	250 320 550	42 42 53	2 2	4	15 21 33
Chicken Strips, Crispy 4 pc. Chicken Strips, Grilled 4 pc. Fish Sandwich (Seasonal)	SMW SM SEFW	199 168	250 390	60	7	1.5 2	0 0	115	1580 1070 890	730 320	5 46	3 0 2	0 3 4	43 17
Homestyle Ranch Chicken Club Jack's Spicy Chicken®	SEMW SEMW	272 242	730 530	310 180	35 20	8	0	80 55	2010 820	580 520	65 61	3	8	39 28
Jack's Spicy Chicken® with Cheese Sourdough Grilled Chicken Club SOMETHING DIFFERENT	SEMW SEMW	264 261	600 540	230 230	25 26	7	0	70 90	1110 1490	540 610	62 38	3	7 6	32 39
Chicken Teriyaki Bowl Grilled Sandwich, Deli Trio	SW SEMW	499 273	690 620	50 260	6 29	1 10	0.5	40 75	1470 2440	340 440	133 54	5	36	27 36
Grilled Sandwich, Turkey, Bacon & Cheddar SALADS Chicken Club Salad w/ Crispy Chicken Strips**	SEMW	252 377	510	280	31	9	0.5	95 65	2160 1220	460 730	53	5	4	41 32
Chicken Club Salad w/ Grilled Chicken Strips** Grilled Chicken Salad**	SM SM	380 373	360 250	180 90	20 9	8	0	95 70	970 660	820 880	12 14	4	5 6	37 28
Southwest Chicken Salad w/ Crispy Chicken Strips** Southwest Chicken Salad w/ Grilled Chicken Strips** Recon Banch Pressing	SMW	431 434 50	500 350 220	210 140 210	23 15 23	7 6 3.5	0	55 85 25	1260 1010 570	830 920 60	52 28 3	7	5 6 1	29 34 1
Bacon Ranch Dressing Creamy Southwest Dressing Gourmet Seasoned Croutons	SEM EM SMW	50 50 14	190 50	170 25	19	3 0.5	0 0	20 0	740 150	55 10	3	0 0	1 0	1 1
Lite Ranch Dressing Low-Fat Balsamic Vinaigrette	EM	50 43	130 25	120 10	13 1.5	2	0	20	490 360	35 15	3	0	1 2	1
Spicy Corn Sticks SNACKS & SIDES Bacon Cheddar Potato Wedges	T# SMW	12 252	600	25 370	3 41	9	0	30	60 1250	25 810	7 58	5	2	17
Chiquita® Apple Bites with Caramel Egg Roll 1 pc.	M SEFW	76 58	70 150	0 70	0 7	0 1.5	0	0 5	55 320	85 140	17 15	2	13	0 5
Egg Roll 3 pc. French Fries, small French Fries, medium	SEFW	174 107 144	440 330 450	200 140 190	22 15 21	5 1.5 2	0 0	20 0 0	950 610 820	430 430 580	46 45 61	7 3 4	6 0 1	16 4 5
French Fries, large Mozzarella Cheese Sticks 3 pc.	SMW	196 74	610 280	250 150	28 16	2.5 6	0	0 25	1120 590	790 85	83 22	6 2	1 0	7 12
Mozzarella Cheese Sticks 6 pc. Onion Rings Seasoned Curly Fries, small	SMW SMW W	149 97 85	560 450 280	290 250 150	33 28 16	11 2 1.5	0	45 0 0	1190 620 610	170 140 350	43 45 30	3 3	5 0	24 6 3
Seasoned Curly Fries, small Seasoned Curly Fries, medium Seasoned Curly Fries, large	W	130 177	430 580	220 300	25 34	2	0	0	940 1280	530 730	46 63	4 5	0	5 7
Stuffed Jalapeños 3 pc. Stuffed Jalapeños 7 pc.	MW MW SMW	71 165 84	220 510 190	110 260 100	12 29 11	4.5 10 3	0 0.5 0	15 40 15	730 1690 320	90 210 200	21 49 17	1 3 2	2 5 3	6 14 6
Taco (1 Taco) BREAKFAST Bacon Breakfast Jack®	SEMW	115	310	120	14	5	0	240	790	190	30	1	4	17
Bacon, Egg & Cheese Biscuit Breakfast Jack®	SEMW SEMW	140 125	430 280	220 100	25 11	11 4.5	0	245 240	1060 780	180 190	35 30	2	1 4	16 16
Grilled Breakfast Sandwich Extreme Sausage® Sandwich Hash brown	SEMW SEMW MW	253 210 64	620 660 190	260 420 110	29 47 13	10 17 1	0 1.5 0	490 310 0	1810 1360 350	380 360 230	53 32 17	2 2	5 0	36 29 2
Jumbo Breakfast Platter, Bacon Jumbo Breakfast Platter, Sausage	SEMW	239 259	560 640	280 360	31 40	7 10	0	420 435	1250 1110	430 430	46 47	3	7	24
Meaty Breakfast Burrito (no salsa) Meaty Breakfast Burrito (w/ salsa) Mini Pancakes	SEMW SEMW	236 260 71	610 620 140	340 340 15	37 37 1.5	15 15 0	0.5 0.5 0	465 465 0	1440 1560 350	320 330 0	38 40 28	4 4 1	2 3 6	33 33 4
Sausage Biscuit Sausage Breakfast Jack®	SEMW SMW	119 145	450 430	260 240	29 26	12 10	0	30 265	850 860	310 230	35 30	2	1 4	11 19
Sausage Croissant Sausage, Egg & Cheese Biscuit	SEMW SEMW SEMW	159 169 152	560 560 410	350 340 190	39 38 21	16 16 8	0.5 0	275 265 250	760 1130 1010	220 230 220	32 36 35	2 2 2	3 1 4	19 19 20
Sourdough Breakfast Sandwich Steak & Egg Burrito (no salsa) Steak & Egg Burrito (w/ salsa)	SEMW SEMW	309 333	790 800	450 450	50	14 14	0.5 0.5	460 460	1580 1700	550 560	57 58	6	3 4	33 33
Spicy Chicken Biscuit Supreme Croissant	SEMW SEMW SEMW	179 148 226	540 450 520	230 240 220	26 27 25	8 12 10	0 0.5 0	50 260 490	980 890 1590	380 230 380	53 32 42	2	2 4 5	25 19 33
Ultimate Breakfast Sandwich DRINKS Barq's® Root Beer 16 fl oz.	SEIVIVV	454	180	0	0	0	0	0	40	0	54	0	54	0
Barq's® Root Beer 20 fl oz. Barq's® Root Beer 32 fl oz.		567 907	250 400 520	0	0	0	0	0	50 80	0	68 109 131	0	68 109 119	0 0
Barq's® Root Beer 42 fl oz. Coca-Cola Classic® 16 fl oz. Coca-Cola Classic® 20 fl oz.		1191 454 567	180 230	0 0	0 0	0 0	0 0	0 0	180 0 5	0 0	50 62	0 0	50	0
Coca-Cola Classic* 32 fl oz. Coca-Cola Classic* 42 fl oz.		907 1191	360 480	0	0	0	0	0	10 10	0	100 131	0	100 131	0
Aquarius® Bottled Water Diet Coke® 16 fl oz. Diet Coke® 20 fl oz.		500 454 567	0 0	0 0	0 0	0 0 0	0 0	0	0 20 25	0 45 55	0 0	0 0	0 0	0 0
Diet Coke® 32 fl oz. Diet Coke® 42 fl oz.		907 1191	5 5	0	0	0	0	0	35 50	90	0	0	0	0
Diet Dr Pepper® 16 fl oz. Diet Dr Pepper® 20 fl oz.		454 567	0 0	0	0	0 0 0	0		65 80		0 0	0	0 0	0 0
Diet Dr Pepper® 32 fl oz. Diet Dr Pepper® 42 fl oz. Dr Pepper® 16 fl oz.		907 1191 454	0	0 0	0 0	0	0 0	 0	130 170 70	 0	0 50	0 0	0 45	0
Dr Pepper® 20 fl oz. Dr Pepper® 32 fl oz.		567 907	230 360	0	0	0	0	0	85 135	0	62 100	0	57 91	0
Dr Pepper® 42 fl oz. Fanta® Orange 16 fl oz. Fanta® Orange 20 fl oz.		1191 454 567	480 160 210	0 0	0 0	0 0 0	0 0	0 0	180 50 65	0 0	131 44 55	0 0	119 44 55	0 0
Fanta® Orange 32 fl oz. Fanta® Orange 42 fl oz.		907 1191	330 430	0	0	0	0	0	105 135	0	89 116	0	89 116	0
Fanta® Strawberry 16 fl oz. Fanta® Strawberry 20 fl oz.		454 567 907	160 210 330	0 0 0	0 0	0 0 0	0 0	0 0 0	15 15 25	0 0 0	44 56 89	0	44 56 89	0
Fanta® Strawberry 32 fl oz. Fanta® Strawberry 42 fl oz. Flavored Iced Tea, Mango 24 fl oz.		907 1191 344	430 80	0	0	0	0 0	0	25 35 15	0 115	117 21	0 0	117 19	0
Flavored Iced Tea, Peach 24 fl oz. Flavored Iced Tea, Raspberry 24 fl oz.		344 344	80 80	0	0	0	0	0	10 15	120 115	20 21	0	18 19	0
Gold Peak® Fresh Brewed Iced Tea 16 fl oz. Gold Peak® Fresh Brewed Iced Tea 20 fl oz. Gold Peak® Fresh Brewed Iced Tea 32 fl oz.		454 567 907	5 5 10	0 0	0 0	0 0 0	0 0	0 0	15 15 25	170 210 340	2 3	0 0	0 0	0 0
Gold Peak® Fresh Brewed Iced Tea 42 fl oz. Hi-C® Fruit Punch 16 fl oz.		1191 454	10 210	0	0	0	0	0	35 10	440 75	4 56	0	0 55	0
Hi-C* Fruit Punch 20 fl oz. Hi-C* Fruit Punch 32 fl oz. Hi-C* Fruit Punch 42 fl oz.		567 907 1191	260 420 550	0 0	0 0	 0	 0	 0	10 20 25	95 150 200	71 113 148	 0	69 110 144	0 1 1
Premium Roast Coffee (decaf) 12 fl oz.		301	5	0	0	0	0	0	5	160	1	0	0	0

	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)	Sugars (g)	Protein (g)
DRINKS CONTINUED		440	10	0	0	0	0	0	10	040	0	0	0	0
Premium Roast Coffee (decaf) 16 fl oz. Premium Roast Coffee (regular) 12 fl oz		442 301	10 5	0	0	0	0	0	10 5	240 160	1	0	0	0
Premium Roast Coffee (regular) 16 fl oz.		442	10	0	0	0	0	0	10	240	2	0	0	0
Minute Maid® Lemonade 16 fl oz.		454	180	0	0	0	0	0	75	25	45	0	45	0
Minute Maid® Lemonade 20 fl oz. Minute Maid® Lemonade 32 fl oz.		567 907	220 350	0	0	0	0	0	90 150	30 45	57 91	0	57 91	0
Minute Maid® Lemonade 42 fl oz.		1191	460	0	0	0	0	0	190	60	119	0	119	0
Minute Maid® Orange Juice 10 fl oz.		283	140	0	0	0	0	0	20	550	33	0	30	2
Reduced Fat Milk 2%*	M	227	120	40	4.5	2.5	0	25	120	430	12		12	9
Smoothie, Mango 16 fl oz. Smoothie, Mango 24 fl oz.	M M	411 609	290 450	0	0	0	0	<u>0</u> 5	75 105	180 260	72 114	0	57 91	3
Smoothie, Strawberry 16 fl oz.	M	394	270	0	0	0	0	0	70	180	67	1	51	2
Smoothie, Strawberry 24 fl oz.	M	569	400	0	0	0	0	5	100	250	99	2	77	3
Smoothie, Strawberry Banana 16 fl oz.	M	420	290	0	0	0	0	0	70	210	73	1	57	2
Smoothie, Strawberry Banana 24 fl oz. Sprite® 16 fl oz.	M	607 454	440 180	0	0	0	0	5 0	100 40	300	108 45	2	85 45	3
Sprite® 20 fl oz.		567	220	0	0	0	0	0	50	0	57	0	57	0
Sprite® 32 fl oz.		907	350	0	0	0	0	0	80	0	91	0	91	0
Sprite® 42 fl oz.		1191	460	0	0	0	0	0	105	0	119	0	119	0
SHAKES & DESSERTS Chocolate Overload™ Cake	SEMW	93	300	60	7	1.5	0	40	350	260	57	2	34	4
Mini Cookies	SEMW	68	310	120	14	7	0	5	180	85	47	2	26	3
Aini Churros 5 pc.	SEMW	86	350	170	18	3.5	0	5	280	55	42	2	12	4
Mini Churros 10 pc.	SEMW	172	690	330	37	7	0	10	550	115	84	4	25	7
New York Style Cheesecake Shake, Chocolate w/ Whipped Topping 16 oz.	SEMW (PT^) SM	92 376	310 800	150 350	17 38	9 26	0 1.5	25 125	260 300	170 790	32 101	1	22 88	7
Shake, Chocolate w/ Whipped Topping 24 oz.	SM	543	1150	490	55	37	2.5	185	440	1160	146	2	128	19
Shake, Oreo® Cookie w/ Whipped Topping 16 oz.	SMW	362	810	380	43	27	1.5	125	380	690	92	1	73	13
Shake, Oreo® Cookie w/ Whipped Topping 24 oz.	SMW	521	1170	550	61	38	2.5	185	560	1000	134	2	105	19
Shake, Strawberry w/ Whipped Topping 16 oz. Shake, Strawberry w/ Whipped Topping 24 oz.	SM SM	374 539	780	340	38 54	26 36	1.5 2.5	125 185	260	690	95 138	0	80 116	12 17
Shake, Strawberry w/ wnipped Topping 24 oz. Shake, Vanilla w/ Whipped Topping 16 oz.	SM	339	700	480 340	38	26	1.5	125	380 250	1000 690	76	0	63	12
Shake, Vanilla w/ Whipped Topping 24 oz.	SM	486	1000	480	54	36	2.5	185	360	1000	109	1	91	17
KID'S MENU														
Breakfast Jack®	SEMW	125	280	100	11	4.5	0	240	780	190	30	1	4	16
Chicken Nuggets 5 pc. Chicken Sandwich	SMW SEMW	77 147	240 410	150 190	17 21	3.5	0	25 30	600 880	170 250	13 42	2	<u>0</u> 4	9
Chicken Strips, Crispy 2 pc.	SMW	98	280	110	12	1.5	0	30	790	270	26	1	<u>4</u> N	15 17
Chicken Strips, Grilled 2 pc.	SM	100	130	35	4	1	0	55	540	360	2	0	1	22
Chiquita® Apple Bites with Caramel	M	76	70	0	0	0	0	0	55	85	17	2	13	0
French Fries (Kid's) Grilled Cheese Sandwich	SMW	72 94	230	90	10	1	0	0	410	290	30	2	0	3
Hamburger	SW	105	330 280	150 100	16 11	6	0 0.5	20 25	800 680	130 200	34 32	2	<u>3</u> 5	11 14
Hamburger with Cheese	SMW	116	320	130	14	6	1	35	880	210	32	1	6	16
Mini Pancakes	SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
Seasoned Curly Fries (Kid's) VALUE MENU	W	60	200	100	11	1	0	0	440	250	21	2	0	2
Big Cheeseburger	SEMW	181	560	270	30	12	1.5	80	1170	340	43	2	6	29
Chicken Sandwich	SEMW	147	410	190	21	3.5	0	30	880	250	42	2	4	15
Chicken Sandwich with Bacon	SEMW	160	470	220	25	5	0	45	1160	320	42	2	4	21
Grilled Cheese Sandwich Jr. Jack™	SMW SEW	94 141	330 320	150	16 15	6 5	0 0.5	20 30	800 720	130 270	34	2	3 6	11 14
Jr. Jack™ with Cheese	SEMW	153	370	140 170	19	7	<u>u.s</u>	40	920	280	33	2	6	16
Ir. Bacon Cheeseburger	SEMW	120	390	180	21	8	1	45	960	240	32	1	6	19
Jumbo Jack®	SEW	218	490	210	23	8	1.5	60	910	410	44	3	7	26
Jumbo Jack® with Cheese aco (2 Tacos)	SEMW SMW	241 167	570 390	270 200	30 22	13 6	1.5 0.5	80 25	1310 640	440 410	45 33	3	8 6	30 13
aco (2 1acos) Cheeses	SIVIVV	101	งขบ	200	LL	U	U.J	ZJ	040	410	აა	•	0	10
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 Real Swiss Cheese	M	18 18	70 70	50	6	3.5	0	15 20	110 80	15 20	0	0	0	5
Swiss Style Cheese	SM	11	40	50 25	3	2	0	10	140	10	1		0	2
DIPPING SAUCES	OW		10	ZU					110	10	•		U	
Barbecue Dipping Sauce	E	28	40	0	0	0	0	0	360	15	10	0	9	0
Buttermilk House Dipping Sauce	EM	25 21	130	110	13	2	0	10	210	15	3	0	0	0
Fire Roasted Salsa Frank's® RedHot® Buffalo Dipping Sauce	S	28	5 10	0	0	0	0	0	105 840	5 15	1 2	0	0	0
Honey Mustard Dipping Sauce	E	28	60	15	2	0	0	0	220	20	11	0	9	0
og Cabin® Syrup		62	190	0	0	0	0	0	35	15	49	0	18	0
Sweet & Sour Dipping Sauce	S	28	45	0	0	0	0	0	160	5	11	0	6	0
Fartar Sauce (Seasonal) Feriyaki Dipping Sauce	SE SW	29 28	150 60	150	16	2.5	0	15 0	250 530	20 20	2 11	0	10	0
Zesty Marinara Dipping Sauce	OW	25	15	10 0	1 0	0	0	0	200	10	4	0	10	0
SANDWICH SAUCES			10	U	U	U			200	10	1		L	
Chipotle Sauce (0.70 oz.)	E	20	110	100	12	2	0	10	230	5	1	0	1	0
Creamy Italian Sauce (0.44 oz.)	EM	12	70	60	7	1	0	5	135	0	1	0	0	0
Creamy Ranch Sauce (0.53 oz.) Ketchup (0.57 oz.)	EM	15 16	80 20	80 0	9	1.5 0	0	10	160 150	15 40	1 5	0	4	0
Mayo-Onion Sauce (0.27 oz.)	E	8	45	45	5	1	0	5	50	0	0	0	0	0
Mustard (0.23 oz.)		7	5	0	0	0	-	0	75		0	0	0	0
Peppercorn Mayo Sauce (1.00 oz.)	EM	28	190	180	20	3.5	0	15	250	15	1	0	0	0
Sun Dried Tomato Sauce (0.57 oz.) DTHER	EM	16	70	70	8	1	0	10	160	35	1	0	1	0
ire Roasted Salsa		24	10	0	0	0	0	0	120	10	2	0	1	0
Grape Jelly		14	35	0	0	0	0	0	10	0	9	0	9	0
Grilled Onions	SM	20	10	0	0	0	0	0	0	25	2	0	1	0
Ketchup Mayannaiaa	OE.	9	10	0	0	0	0	0	85	25	3	0	2	0
Mayonnaise Mustard	SE	12 7	80 5	80 n	9	1.5 0	0	5	40 80	 0	0	0	0	0
nustaru Pride® Margarine Spread	М	5	20	20	2.5	0.5	0	0	45		0	0	0	0
Sour Cream	M	28	60	45	5	3	0	15	25	35	2	<1	1	1
	SW	9	5						480	35	1	0		1
Soy Sauce	OVV	4.6					_	_				0		
Soy Sauce Strawberry Jam Faco Sauce	OVV	14 9	35 0	0	0	0	0	0	5 80	0 20	9	0	8	0

ALLERGEN KEY

Milk Eggs Peanuts Tree Nuts Fish Crustacean Shellfish Wheat

Spicy Corn Sticks are packaged in a facility ^ Our Cheesecake is manufactured on equipment that also processes Peanuts and Tree Nuts.

These items meet Healthy Dining's nutrition criteria and are featured on HealthyDiningFinder.com

*37% fat reduction compared to whole milk.

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

All data displayed follows the federal regulations regarding the rounding on nutritional data. Information may vary slightly from actual due to rounding of nutritional data.

Variations within the nutritional values may occur due to the use of regional suppliers, seasonal influences, manufacturing tolerances, minor differences in product assembly at the restaurant level, recipe revisions, and other factors.

Serving size designation for beverages refers to the total cup capacity. The actual fill might be slightly different. Sodium and potassium values in drinks may vary due to local water suppliers.

To help our customers make better informed decisions about their menu choices at our restaurants, we have developed a Build A Meal calculator on our website. You can combine menu items into a meal and view the complete nutritional information of each item.

Like most restaurants, our restaurants prepare and serve products that contain Egg, Fish, Milk, Soy and Wheat. While a particular ingredient statement may not list one of these allergens, our products may be prepared with equipment that is shared with products containing one or more of these allergens. If you have a food allergy, please consult with your physician before deciding which Jack in the Box® products are right for you. We also recommend checking our "Ingredients & Allergen Statements" frequently as our menu and ingredients may change. If you have any questions regarding allergens in our restaurants, please contact Guest Relations at 1-800-955-5225.

A 2000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary. Recommended limits for a 2000 calorie daily diet are 20g of saturated fat and 2300mg of sodium.

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 depending on the local supplier and the season of the year. 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 December 2012. 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.

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