Nutrition Information

	PRODUCT NAME	Serving Size	Calories	Protein (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	POTENTIAL FOOD ALLERGENS: Dairy	Egg	Fish*	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG
MAIN COURSES	Original Wing	1 piece	300	27	7	3	0	19	5	3	120	540	•	•				•		•	•
	Original Leg	1 piece	110	10	3	0	0	6	2	1	55	280	•	•				•		•	•
	Original Thigh	1 piece	330	21	8	1	0	23	6	3	110	680	•	•				•		•	•
	Original Breast	1 piece	200	22	3	1	0	11	3	2	80	450	•	•				•		•	•
	Spicy Wing	1 piece	430	29	17	2	0	27	7	4	125	1020	•	•				•		•	•
	Spicy Leg	1 piece	180	12	8	1	0	11	3	2	65	470	•	•				•		•	•
	Spicy Thigh	1 piece	480	22	20	2	0	35	9	5	135	1035	•	•				•		•	•
	Spicy Breast	1 piece	320	21	12	2	0	20	5	4	75	760	•	•				•		•	•
	Tender Strips™	1 piece	120	12	6	0	0	6	2	1	35	440	•	•				•		•	•
	Spicy Tender Strips™	1 piece	135	11	7	4	0	7	2	2	25	480	•	•				•		•	•
	Original Chicken Sandwich	1 sandwich	458	16	48	3	5	22	4	0	37	1241	•					•		•	•
	Spicy Chicken Sandwich	1 sandwich	456	15	47	3	5	21	4	0	37	1292	•					•		•	•
	Chicken Sandwich with Cheese	1 sandwich	503	19	48	3	5	26	7	0	47	1461	•					•		•	•
	Double Chicken N Cheese Sandwich	1 sandwich	738	32	63	4	5	38	12	0	82	2571	•					•		•	•
	BBQ Chicken Sandwich	1 sandwich	516	32	36	3	7	17	4	2	94	887	•					•		•	•
	Premium Homestyle Sandwich	1 sandwich	623	42	51	6	6	32	8	3	114	1633	•	•				•		•	•
	Premium Homestyle Fillet	1 fillet	349	35	17	3	0	17	6	3	102	1280	•	•				•		•	•
	Premium Homestyle Fillet with 3 oz. White Gravy	1 fillet	409	37	25	3	3	20	6	3	102	1700	•	•				•		•	•
	Premium Homestyle Fillet with 3 oz. Brown Gravy	1 fillet	630	42	71	4	5	21	7	4	106	6691	•	•				•		•	•
	Nuggets	5 pieces	162	9	13	1	0	7	2	0	21	759	•					•		•	•
	Boneless Wings with BBQ Sauce	6 pieces	550	33	60	2	23	21	4	9	65	2420	•	•				•		•	•
	Boneless Wings with Hot Sauce	6 pieces	460	33	36	1	1	21	4	9	65	2620	•	•				•		•	•
	Shrimp & Fries Basket	1 basket	750	21	86	6	3	36	6	3	120	1980	•	•			•	•		•	•
	Steak Fingers	3 pieces	494	20	23	2	2	36	12	3	61	1036	•	•				•		•	•
	Country Fried Steak	1 piece	470	21	36	1	4	28	7	2	65	1620	•	•				•		•	•
SIDES	Honey-Butter Biscuit	1 biscuit	190	2	22	1	3	10	2	2	4	430	•					•		•	
	Mashed Potatoes & Gravy (Reg.)	6 oz.	70	2	12	1	2	2	0	0	1	480	•					•		•	•
	Mashed Potatoes & Gravy (Lg.)	16 oz.	190	5	32	3	5	5	0	0	3	1280	•					•		•	•
	Mashed Potatoes & Gravy (Family)	24 oz.	280	8	48	4	8	8	0	0	4	1920	•					•		•	•
	Corn-on-the-cob	1 piece	140	4	24	9	2	3	0	0	0	15									
	Jalapeño Pepper	1 pepper	5	0	1	1	1	0	0	0	0	195									
	Cole Slaw (Reg.)	6 oz.	150	1	15	2	7	10	2	0	5	170		•				•			
	Cole Slaw (Lg.)	16 oz.	400	3	40	5	19	27	5	0	13	453		•				•			
	Cole Slaw (Family)	24 oz.	600	4	60	8	28	40	8	0	20	680		•				•			
	Okra (Reg.)	3.41 oz.	350	3	36	5	3	22	7	1	0	590	•					•		•	•
	Okra (Lg.)	7 oz.	718	6	74	10	6	45	15	1	0	1210	•					•		•	•
	Okra (Family)	10.5 oz.	1075	9	111	15	9	68	21	2	0	1811	•					•		•	•
	French Fries (Value)	2.5 oz.	215	2	28	3	1	10	2	2	0	235						•			
	French Fries (Reg.)	3.41 oz.	290	3	38	4	1	14	3	3	0	320						•			
	French Fries (Lg.)	7 oz.	595	6	78	8	2	29	6	6	0	656						•			
	French Fries (Family)	10.5 oz.	890	9	117	12	3	43	9	9	0	982						•			
	Jalapeño Cheese Bombers® (Value)	3 pieces	180	6	22	2	4	8	5	0	23	730	•					•		•	
	Jalapeño Cheese Bombers® (Reg.)	4 pieces	240	8	29	3	5	10	6	0	30	970	•					•		•	
	Jalapeño Cheese Bombers® (Lg.)	8 pieces	480	16	58	6	10	20	12	0	60	1940	•					•		•	
	Jalapeño Cheese Bombers® (Family)	12 pieces	720	24	87	9	15	30	18	0	90	2910	•					•		•	
	Cajun Rice (Reg.)	6 oz.	130	1	16	0	0	7	3	0	5	260	•					•			•
	Cajun Rice (Lg.)	16 oz.	350	3	43	0	0	19	8	0	13	693	•					•			•
	Cajun Rice (Family)	24 oz.	520	4	64	0	0	28	12	0	20	1040	•					•			•
	Macaroni & Cheese (Reg.)	6 oz.	221	7	24	2	2	10	5	0	9	799	•	•						•	
	Macaroni & Cheese (Lg.)	16 oz.	585	18	63	5	5	27	14	0	23	2115	•	•						•	
	Macaroni & Cheese (Family)	24 oz.	884	27	95	7	7	41	20	0	34	3196	•	•						•	
	Apple Pie	1 pie	260	2	39	1	15	11	4	2	5	250	•	•				•		•	
	Churro - Caramel	1 piece	140	2	18	1	4	7	2	0	0	120						•			
CONDIMENTS	BBQ Sauce	1 pkg.	24	0	6	0	2	0	0	0	0	96		•				•			•
	Creamy Jalapeño Sauce	1 pkg.	80	0	1	0	0	9	4	0	8	112		•				•			
	Honey Mustard Sauce	1 pkg.	88	0	3	0	1	9	4	0	8	104						•			
	Sweet & Sour Sauce	1 pkg.	24	0	6	0	2	0	0	0	0	96	•					•			
	Ranch Sauce	1 pkg.	104	0	1	0	0	10	2	0	8	256						•			
	Purple Pepper Sauce	1 pkg.	45	0	12	0	6	0	0	0	0	26									
	Ketchup	1 pkg.	14	0	4	0	3	0	0	0	0	148									
	Hot Sauce	1 pkg.	18	0	0	0	0	0	0	0	0	210	•	•		•		•			
BEVERAGES	Coca-Cola (Kids)	12 oz.	110	0	29	0	29	0	0	0	0	5									
	Coca-Cola (Reg.)	22 oz.	202	0	53	0	53	0	0	0	0	9									
	Coca-Cola (Lg.)	30 oz.	275	0	73	0	73	0	0	0	0	13									
	Coca-Cola (Xlg.)	42 oz.	385	0	102	0	102	0	0	0	0	18									
	Sprite (Kids)	12 oz.	110	0	28	0	28	0	0	0	0	30									
	Sprite (Reg)	22 oz.	202	0	51	0	51	0	0	0	0	55									
	Sprite (Lg.)	30 oz.	275	0	70	0	70	0	0	0	0	75									
	Sprite - (Xlg.)	42 oz.	385	0	98	0	98	0	0	0	0	105									
	Diet Coca-Cola (Kids)	12 oz.	0	0	0	0	0	0	0	0	0	15									
	Diet Coca-Cola (Reg.)	22 oz.	0	0	0	0	0	0	0	0	0	27									
	Diet Coca-Cola (Lg.)	30 oz.	0	0	0	0	0	0	0	0	0	38									
	Diet Coca-Cola (Xlg.)	42 oz.	0	0	0	0	0	0	0	0	0	53									
	Hi-C Strawberry (Kids)	12 oz.	80	0	29	0	29	0	0	0	0	5									
	Hi-C Strawberry (Reg.)	22 oz.	147	0	53	0	53	0	0	0	0	9									
	Hi-C Strawberry (Lg.)	30 oz.	201	0	73	0	73	0	0	0	0	13									
	Hi-C Strawberry (Xlg.)	42 oz.	281	0	102	0	102	0	0	0	0	18									

***ALLERGEN WARNING:** Some Church's restaurants sell fish and/or shellfish products. Chicken and other fried products sold in those stores may be fried in the same oil used for frying fish and shellfish products.

OUR CHICKEN

- Chicken is grown hormone-free
- Church's restaurants use partially hydrogenated soybean oil in their fryers
- Church's does not use cottonseed or canola oils

INFORMATION REGARDING AVIAN FLU

Church's is committed to consumer and employee safety. That is why our products carry the Quality Assurance Seal, letting you know our food is of the highest quality and is perfectly safe. Church's is committed to providing continuing education and information on this topic. We want you to know that scientists agree that it is impossible to transmit bird flu or any other virus through properly cooked chicken. That's why we cook all of our chicken at 185°F. For more detailed information on the avian flu, you are invited to check out the special web pages of the Centers for Disease Control and the U.S. Dept. of Health and Human Services. **www.pandemicflu.gov/**

And the World Health Organization website: **www.who.int/csr/disease/avian_influenza/en/index.html**

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.