

CLASSICS

	CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich)	CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich no butter)	CHICKEN DELUXE SANDWICH* (1 sandwich)	CHICKEN (1 filet, no bun, no pickles)	CHICK-FIL-A® CHARGRILLED CHICKEN SANDWICH (1 sandwich)	CHARGRILLED CHICKEN (1 filet, no bun, no pickles)	CHARGRILLED CHICKEN CLUB SANDWICH (1 sandwich, no sauce)
Serving Size – oz	6.0	5.8	7.3	3.7	6.8	3.15	7.79
Serving Size – g	170	164	208	105	193	89	221
Serving Per Container	1	1	1	1	1	1	1
Calories	410	380	420	230	270	100	380
Calories from Fat	150	120	150	100	30	15	100
	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	16g 25%	13g 20%	16g 25%	11g 17%	3.5g 5%	1.5g 3%	11g 18%
Saturated Fat	3.5g 18%	3g 15%	3.5g 18%	2.5g 13%	1g 5%	0g 0%	5g 26%
Trans Fat	0g	0g	0g	0g	0g	0g	0g
Cholesterol	60mg 20%	60mg 20%	60mg 20%	60mg 20%	65mg 22%	65mg 22%	90mg 30%
Sodium	1300mg 54%	1290mg 54%	1300mg 54%	990mg 41%	940mg 39%	610mg 25%	1240mg 52%
Total Carb.	38g 13%	37g 12%	39g 13%	10g 3%	33g 11%	1g 0%	33g 11%
Dietary Fiber	1g 4%	1g 4%	2g 8%	0g 0%	3g 14%	0g 0%	3g 14%
Sugars	5g	5g	5g	2g	7g	2g	7g
Protein	28g	28g	28g	23g	28g	21g	35g
Vitamin A	4%	4%	4%	4%	6%	2%	10%
Vitamin C	0%	0%	4%	0%	10%	2%	10%
Calcium	10%	10%	10%	4%	8%	0%	25%
Iron	15%	15%	15%	6%	15%	4%	15%

Percentage from daily values are based upon a 2,000 calorie diet. Figures listed are average. Federal regulations have been used for rounding of nutritional data.

We strive to provide you with accurate, up-to-date, nutritional information, which meets or exceeds government requirements for nutritional analysis.

We regularly monitor changes in (1) nutritional analysis methods, (2) ingredients used in our products, (3) cooking techniques, and (4) food safety procedures.

Visit our web site, chick-fil-a.com, for the most up-to-date information.

Differences may occur due to the nature of the product and to variations in preparation at the Unit level.

1. Nutrition information in this brochure was obtained through all of the following sources:

- Independent testing laboratories.
- The Food Processor (ESHA Research): Nutrition Labeling and Formulation Software.
- Food suppliers or manufacturers.

2. Ingredients may change without notice. Ask the store Operator if you have concerns about any product or its ingredients.

3. Food allergic guests, please see Operator for any questions regarding ingredients. We use only 100% refined peanut oil.

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CHICK-FIL-A® CHICKEN SANDWICH (1 sandwich)

Ingredients: 100% natural whole breast filet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), seasoned coater (enriched bleached flour, [malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), milk wash (water, whole powdered egg and nonfat milk solids), peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added), pickles (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, alum, sodium benzoate, potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1), butter-flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color). Served on a standard 4-inch bun from a local bakery.

* Deluxe includes lettuce and tomato.

CHICK-FIL-A® CHARGRILLED CHICKEN SANDWICH (1 sandwich)

Ingredients: 100% natural whole breast meat filet, water, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika [color]), seasoning (salt, sugar, spices, and paprika), butter flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, tomatoes, green leaf lettuce, pickles (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, alum, sodium benzoate and potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1). Served on a golden wheat bun.

CHICK-FIL-A® CHARGRILLED CHICKEN CLUB SANDWICH (without sauce)

Ingredients: 100% natural whole breast meat filet, water, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika [color]), seasoning (salt, sugar, spices, and paprika), butter flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, tomatoes, green leaf lettuce, provolone cheese (pasteurized milk, cheese culture, salt, enzymes and natural smoke flavor), pickles (cucumbers, water, vinegar, salt, contains less than 1% of the following: calcium chloride, alum, sodium benzoate and potassium sorbate [preservatives], natural flavors, polysorbate 80, Yellow #5, blue 1), bacon (cured with water, salt, hickory smoke flavoring, sugar, dextrose, sodium erythorbate, sodium nitrite). Served on a golden wheat bun.

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	CHICK-FIL-A CHICK-N-STRIPS® (4-pack)		CHICK-FIL-A® NUGGETS (8-pack)		CHICK-FIL-A® CHICKEN SALAD SANDWICH (1 sandwich on wheat bread)	
Serving Size – oz	4.24		4.0		5.4	
Serving Size – g	120		113		153	
Serving Per Container	1		1		1	
Calories	300		260		350	
Calories from Fat	130		110		140	
	%DV		%DV		%DV	
Total Fat	15g	23%	12g	18%	15g	23%
Saturated Fat	2.5g	13%	2.5g	13%	3g	15%
Trans Fat	0g		0g		0g	
Cholesterol	65mg	22%	70mg	23%	65mg	22%
Sodium	940mg	39%	1090mg	45%	880mg	37%
Total Carb.	14g	5%	12g	4%	32g	11%
Dietary Fiber	1g	4%	<1g	3%	5g	20%
Sugars	4g		3g		6g	
Protein	28g		26g		20g	
Vitamin A	2%		0%		0%	
Vitamin C	0%		0%		0%	
Calcium	4%		4%		15%	
Iron	8%		6%		10%	

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CHICK-FIL-A CHICK-N-STRIPS®

Ingredients: 100% natural chicken tenderloins, seasoning (sugar, salt, monosodium glutamate, onion powder, dried yeast, garlic powder, spices, carrageenan, paprika [for color]), water, pickle brine (water, vinegar, salt, contains less than 1% of the following: alum, natural flavors, polysorbate 80, Yellow #5, and blue 1), rice starch, pickle flavor, **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added).

CHICK-FIL-A® NUGGETS

Ingredients: 100% natural chicken breast (seasoning [salt, monosodium glutamate, sugar, spices, paprika]), **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** (water, whole powdered egg and nonfat milk solids), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added).

CHICK-FIL-A® CHICKEN SALAD SANDWICH

Ingredients: 100% natural whole breast filet, seasoning (salt, monosodium glutamate, sugar, spices, paprika), **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** (water, whole powdered egg and nonfat milk solids), 100% natural chicken tenderloins, seasoning (sugar, salt, monosodium glutamate, onion powder, dried yeast, garlic powder, spices, carrageenan, paprika [for color]), water, pickle brine (water, vinegar, salt, contains less than 1% of the following: alum, natural flavors, polysorbate 80, Yellow #5, and blue 1), rice starch, pickle flavor, **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added), **diced cooked eggs, celery, mayonnaise** (soybean oil, water, egg yolk, distilled vinegar, high fructose corn syrup, salt, spice, calcium disodium EDTA to protect flavor), **pickle relish** (cucumbers, high fructose corn syrup, corn syrup, vinegar, salt, xanthan gum, mustard seed, calcium chloride, alum, potassium sorbate [preservative]), natural flavors, polysorbate 80, dehydrated red bell pepper, turmeric.), natural flavors, polysorbate 80, dehydrated red bell pepper, turmeric). Served on two slices of wheat bread from a local bakery.

	CHICK-FIL-A COOL WRAPS®					
	CHARGRILLED CHICKEN COOL WRAP® (1 wrap)		CHICKEN CAESAR COOL WRAP® (1 wrap)		SPICY CHICKEN COOL WRAP® (1 wrap)	
Serving Size – oz	8.63		8		8.13	
Serving Size – g	245		227		230	
Serving Per Container	1		1		1	
Calories	390		460		380	
Calories from Fat	60		90		60	
	%DV		%DV		%DV	
Total Fat	7g	10%	10g	16%	6g	10%
Saturated Fat	3g	16%	6g	30%	3g	16%
Trans Fat	0g		0g		0g	
Cholesterol	65mg	22%	80mg	27%	60mg	20%
Sodium	1020mg	43%	1350mg	56%	1090mg	45%
Total Carb.	54g	18%	52g	17%	52g	17%
Dietary Fiber	3g	14%	3g	10%	3g	11%
Sugars	7g		5g		5g	
Protein	29g		36g		30g	
Vitamin A	50%		8%		4%	
Vitamin C	10%		2%		6%	
Calcium	20%		50%		20%	
Iron	20%		20%		20%	

CHICK-FIL-A COOL WRAPS®

CHICK-FIL-A CHARGRILLED CHICKEN COOL WRAP®

Ingredients: Flatbread (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, salt, pita fresh, [wheat flour, guar gum, L-cysteine, vegetable monoglycerides and diglycerides, fungal enzyme], oat fiber, yeast, calcium propionate [to retard spoilage]), **Chargrilled chicken breast filets**, (100% natural whole breast meat filet, water, seasoning [sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika {color}], seasoning [salt, sugar, spices, and paprika], butter flavored vegetable oil [partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene], rice starch and potassium phosphate), **romaine lettuce, iceberg lettuce, red cabbage, tomatoes, carrots, Monterey/Cheddar cheese blend** (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

CHICK-FIL-A CHICKEN CAESAR COOL WRAP®

Ingredients: Flatbread (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, salt, pita fresh, [wheat flour, guar gum, L-cysteine, vegetable monoglycerides and diglycerides, fungal enzyme], oat fiber, yeast, calcium propionate [to retard spoilage]), **Chargrilled chicken breast filets**, (100% natural whole breast meat filet, water, seasoning [sugar, salt, dextrose, garlic powder, onion powder, maltodextrin, autolyzed yeast extract, spice, disodium inosinate, disodium guanylate, flavor, paprika {color}], seasoning [salt, sugar, spices, and paprika], butter flavored vegetable oil [partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene], rice starch and potassium phosphate), **romaine lettuce, Parmesan cheese** (cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose added to prevent caking, potassium sorbate [a preservative]).

CHICK-FIL-A SPICY CHICKEN COOL WRAP®

Ingredients: Flatbread (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, salt, pita fresh, [wheat flour, guar gum, L-cysteine, vegetable monoglycerides and diglycerides, fungal enzyme], oat fiber, yeast, calcium propionate [to retard spoilage]), **Spicy Chargrilled Chicken** (100% natural whole chicken breast filets, seasoning [salt, monosodium glutamate, sugar, spices, paprika], coated with: [spices, partially hydrogenated soybean and/or cottonseed oils, salt, ancho chili pepper, garlic powder, autolyzed yeast extract, tomato powder, disodium inosinate, citric acid, disodium guanylate, dehydrated parsley, no more than 2% calcium silicon dioxide {anti-caking agent}]), **romaine lettuce, iceberg lettuce, red cabbage, tomatoes, Monterey/Cheddar Cheese blend** (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

	SALADS		
	CHICK-FIL-A® CHARGRILLED CHICKEN GARDEN SALAD (1 salad)	CHICK-FIL-A® SOUTHWEST CHARGRILLED SALAD (1 salad)	CHICK-FIL-A CHICK-N-STRIPS® SALAD (1 salad)
Serving Size – oz	9.7	10.7	11
Serving Size – g	275	303	327
Serving Per Container	1	1	1
Calories	180	240	400
Calories from Fat	60	70	180
	%DV	%DV	%DV
Total Fat	6g 10%	8g 12%	20g 31%
Saturated Fat	3g 16%	3.5g 18%	6g 30%
Trans Fat	0g	0g	0g
Cholesterol	65mg 22%	60mg 20%	80mg 27%
Sodium	620mg 26%	770mg 32%	1070mg 45%
Total Carb.	9g 3%	17g 6%	21g 7%
Dietary Fiber	3g 13%	5g 19%	4g 16%
Sugars	6g	6g	7g
Protein	22g	25g	34g
Vitamin A	70%	70%	70%
Vitamin C	50%	40%	10%
Calcium	15%	20%	15%
Iron	4%	6%	8%

SALADS

CHICK-FIL-A® CHARGRILLED CHICKEN GARDEN SALAD

Ingredients: 100% natural whole breast filet, water, seasoning (sugar, salt, dextrose, garlic powder, onion powder, maltodextrin (corn based), autolyzed yeast extract, spice, disodium inosinate, disodium guanylate flavor, paprika [color]), seasoning (salt, sugar, spices, and paprika), butter flavored vegetable oil (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ, beta carotene), rice starch and potassium phosphate, romaine lettuce, iceberg lettuce, carrots, grape tomatoes, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose).

CHICK-FIL-A® SOUTHWEST CHARGRILLED SALAD

Ingredients: Spicy Chargrilled Chicken (100% natural whole chicken breast filets, seasoning [salt, monosodium glutamate, sugar, spices, paprika], coated with: [spices, partially hydrogenated soybean and/or cottonseed oils, salt, ancho chili pepper, garlic powder, autolyzed yeast extract, tomato powder, disodium inosinate, citric acid, disodium guanylate, dehydrated parsley, no more than 2% calcium silicon dioxide {anti-caking agent}], corn and black bean blend (corn, black beans, poblano chilies, red bell peppers, extra virgin olive oil, dressing [soybean oil, green onion, water, lime juice concentrate {preserved with sulfites}, red and green chili peppers, distilled vinegar, tomato paste, high fructose corn syrup, cilantro, tomatoes, onion {including dehydrated}], salt, sugar, jalapeno peppers, spices, green bell peppers, chipotle peppers, dextrose, red bell peppers*, green pepper juice, garlic juice, wheat germ, maltodextrin, potassium sorbate and sodium benzoate added as preservatives, garlic*, xanthan gum, natural flavors {including smoke flavor}, cocoa powder, citric acid, propylene glycol alginate, calcium disodium EDTA added to protect flavor, pimentos]), romaine lettuce, iceberg lettuce, grape tomatoes, red cabbage, carrots, Monterey/Cheddar Cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

* Dehydrated

CHICK-FIL-A CHICK-N-STRIPS® SALAD

Ingredients: 100% natural chicken tenderloins, seasoning (sugar, salt, monosodium glutamate, onion powder, dried yeast, garlic powder, spices, carrageenan, paprika [for color]), water, pickle brine (water, vinegar, salt, contains less than 1% of the following: alum, natural flavors, polysorbate 80, Yellow #5, and blue 1), rice starch, pickle flavor, seasoned coater (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added), romaine lettuce, iceberg lettuce, grape tomatoes, carrots, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

	SIDE ITEMS					
	SIDE SALAD (1 salad)	COLE SLAW (small)	CARROT & RAISIN SALAD (small)	CHICK-FIL-A WAFFLE POTATO FRIES® (small, salted)	FRUIT CUP (medium)	HEARTY BREAST OF CHICKEN SOUP (1 cup)
	3.8	4.5	4	3.0	4.37	8.5
	108	128	113	85	124	241
	1	1	1	1	1	1
	60	260	170	270	70	140
	25	180	50	120	0	35
	%DV	%DV	%DV	%DV	%DV	%DV
	3g 5%	21g 32%	6g 9%	13g 20%	0g 0%	3.5g 6%
	1.5g 9%	3.5g 16%	1g 5%	3g 14%	0g 0%	1g 5%
	0g	0g	0g	1.5g	0g	0g
	10mg 3%	25mg 8%	10mg 3%	0mg 0%	0mg 0%	25mg 9%
	75mg 3%	220mg 9%	110mg 5%	115mg 5%	0mg 0%	900mg 38%
	4g 1%	17g 6%	28g 9%	34g 11%	17g 6%	18g 6%
	2g 7%	2g 9%	2g 10%	4g 16%	2g 8%	1g 5%
	2g	11g	18g	0g	14g	2g
	3g	2g	1g	3g	1g	8g
	40%	8%	210%	0%	0%	30%
	25%	60%	8%	2%	40%	0%
	10%	6%	4%	2%	0%	4%
	0%	2%	2%	6%	2%	6%

SIDE ITEMS

SIDE SALAD

Ingredients: Romaine lettuce, iceberg lettuce, grape tomatoes, carrots, broccoli, red cabbage, Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking).

COLE SLAW

Ingredients: Cabbage, cole slaw dressing (soybean oil, sugar, water, distilled vinegar, egg yolk, salt, cider vinegar, lemon juice concentrate, spices, dehydrated garlic, calcium disodium EDTA added to protect natural flavor), carrots.

CARROT & RAISIN SALAD

Ingredients: Carrots, raisins (natural seedless), pineapple (pineapple, clarified pineapple juice), Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes] cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose to prevent caking), freshly squeezed lemon juice, sugar.

CHICK-FIL-A WAFFLE POTATO FRIES®

Ingredients: Potatoes, may contain partially hydrogenated vegetable shortening (soybean oil and/or canola oil) and/or palm oil, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, peanut oil (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and dimethyl polysiloxane an anti-foaming agent added).

FRUIT CUP

Ingredients: Red & Green apples, (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), red seedless grapes, fresh strawberries, Mandarin oranges (water, sugar, citric acid)

HEARTY BREAST OF CHICKEN SOUP

Ingredients: Chicken broth, carrots, cooked white chicken meat, celery, noodles (durum flour [enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], egg solids, egg white solids), contains 2% or less of reconstituted nonfat milk, modified food starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chicken base (salt, cooked chicken meat, chicken broth, sugar, chicken fat, hydrolyzed corn protein with partially hydrogenated soybean and/or cottonseed oil, whey, (milk), onion powder, disodium inosinate and disodium guanylate, turmeric), salt, partially hydrogenated soybean oil, chicken flavor (chicken, yeast extract, salt, flavorings), butter (cream, salt), chicken fat, yeast extract, corn syrup solids, sautéed vegetables (carrots, celery, onion), emulsifier (mono- and diglycerides), sodium caseinate (a milk derivative), onion powder, sugar, maltodextrin, spices, granulated garlic, corn oil, cornstarch, annatto (color), dipotassium phosphate, soy lecithin, natural flavor, fish gelatin, Yellow 5, canthaxanthin.

	DIPPING SAUCES											
	POLYNESIAN SAUCE (1 packet)		BARBECUE SAUCE (1 packet)		HONEY MUSTARD SAUCE (1 packet)		BUTTERMILK RANCH SAUCE (1 packet)		CHICK-FIL-A® BUFFALO SAUCE (1 packet)		HONEY ROASTED BBQ SAUCE (1 packet)	
Serving Size – oz	1		1		1		.75		.75		7/16	
Serving Size – g	28		28		28		21		21		12	
Serving Per Container	1		1		1		1		1		1	
Calories	110		45		45		110		15		60	
Calories from Fat	50		0		0		110		15		50	
	%DV		%DV		%DV		%DV		%DV		%DV	
Total Fat	6g	9%	0g	0%	0g	0%	12g	18%	1.5g	2%	6g	9%
Saturated Fat	1g	5%	0g	0%	0g	0%	2g	9%	0g	0%	1g	4%
Trans Fat	0g		0g		0g		0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%	5mg	2%	0mg	0%	5mg	2%
Sodium	210mg	9%	180mg	8%	150mg	6%	200mg	8%	410mg	17%	90mg	4%
Total Carb.	13g	4%	11g	4%	10g	3%	1g	0%	1g	0%	2g	1%
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Sugars	13g		9g		10g		1g		0g		1g	
Protein	0g		0g		0g		0g		0g		0g	
Vitamin A		2%		2%		0%		0%		2%		0%
Vitamin C		0%		2%		0%		0%		0%		0%
Calcium		0%		2%		0%		0%		0%		0%
Iron		0%		2%		0%		0%		0%		0%

	CROUTONS/KERNELS		
	GARLIC AND BUTTER CROUTONS (1 packet)	HONEY ROASTED, SUNFLOWER KERNELS (1 packet)	TORTILLA STRIPS (1 packet)
Serving Size – oz	0.5	0.5	0.5
Serving Size – g	14	14	14
Serving Per Container	1	1	1
Calories	70	80	70
Calories from Fat	25	60	30
	%DV	%DV	%DV
Total Fat	2.5g 4%	7g 11%	3.5g 5%
Saturated Fat	0g 0%	1g 4%	0.5g 3%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%
Sodium	140mg 6%	38mg 2%	53mg 2%
Total Carb.	9g 3%	3g 1%	9g 3%
Dietary Fiber	0g 0%	1g 3%	1g 4%
Sugars	0g	2g	1g
Protein	1g	2.5g	2g
Vitamin A	0%	0%	0%
Vitamin C	0%	0%	0%
Calcium	0%	0%	1%
Iron	4%	5%	1%

DIPPING SAUCES

POLYNESIAN SAUCE

Ingredients: High fructose corn syrup, soybean oil, corn-cider vinegar, distilled vinegar, tomato paste, salt, paprika, modified food starch, spices, honey, beet juice concentrate, natural flavors, xanthan gum, onion*, garlic*, propylene glycol alginate.
*dehydrated

BARBECUE SAUCE

Ingredients: Water, high fructose corn syrup, tomato paste, brown sugar, distilled vinegar, corn syrup, pineapple juice concentrate, salt, modified food starch, spices, natural and artificial flavors, caramel color, potassium sorbates and sodium benzoate added as preservative, onion*, garlic*.
*dehydrated

HONEY MUSTARD SAUCE

Ingredients: Water, high fructose corn syrup, honey, spices, distilled vinegar, modified food starch, salt, soybean oil, molasses, sodium benzoate added as preservative, xanthan gum, onion*, caramel color, garlic*, natural flavors, oleoresin turmeric, anchovies, tamarind.
*dehydrated

BUTTERMILK RANCH SAUCE

Ingredients: Soybean oil, water, buttermilk, distilled vinegar, high fructose corn syrup, salt, egg yolk, whey protein concentrate (milk), garlic juice, monosodium glutamate, sugar, natural flavor, xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

CHICK-FIL-A® BUFFALO SAUCE

Ingredients: Hot sauce (peppers, vinegar, salt, xanthan gum, benzoate of soda [to preserve freshness]), water, margarine (liquid and partially hydrogenated soybean oil, water, salt, mono and diglycerides, soy lecithin, artificial flavor, beta carotene (color), vitamin A palmitate added), distilled vinegar, corn syrup, modified food starch, soybean oil, natural flavors (including milk derived flavors), salt, sweet cream powder (cream, skim milk solids, sodium caseinate, soy lecithin) xanthan gum, oleoresin paprika, mono and diglycerides, sodium benzoate added as preservative, calcium disodium EDTA added to protect flavor.

HONEY ROASTED BBQ SAUCE

Ingredients: Soybean oil, water, high fructose corn syrup, distilled vinegar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic), tomato paste, egg yolk, onion, salt, sugar, natural flavors including smoke flavor, spices, honey, potassium sorbate and sodium benzoate added as preservatives, lemon juice concentrate, xanthan gum, dehydrated garlic and onion, caramel color, propylene glycol alginate, calcium disodium EDTA added to protect flavor.

CROUTONS/KERNELS

GARLIC BUTTER CROUTONS

Ingredients: Enriched flour (wheat flour, barley malt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) partially hydrogenated soybean oil, water, high fructose corn syrup, 2% or less of the following: yeast, salt, garlic, onion, wheat gluten, calcium propionate (preservative), dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, calcium peroxide, calcium sulfate, ammonium sulfate, calcium iodate, ascorbic acid), parsley, natural and artificial flavors, annatto (color), butter oil, natural smoke flavor, thiamine hydrochloride, alpha-tocopherol and TBHQ (to preserve freshness).

HONEY ROASTED SUNFLOWER KERNELS

Ingredients: Sunflower Kernels, corn syrup, honey, wheat starch, high fructose corn syrup, salt and xanthan gum, roasted in peanut and/or cottonseed oil.

TORTILLA STRIPS

Ingredients: Stone ground yellow corn, corn oil or safflower oil, tomato powder, onion, smoked yeast, whey solids (milk), natural spices, sea salt, trace of lime.

FOOD ALLERGEN INFORMATION

If you have a question concerning ingredients and a food allergy, we recommend that you share this information with your physician to obtain proper guidance. For general allergy questions, please call Food Allergy Network at www.foodallergy.org or 1-800-929-4040. Please note, this organization does **not** have nutrition on our products. Please visit our website for additional nutrition and allergen information.

All Chick-fil-A breaded chicken products and potato products are cooked in 100% refined peanut oil.

*From International Food Information Council Foundation –

“Q. Are oils derived from foods that can cause allergy, such as peanut oil, also allergenic?”

A. Not usually. Most commercial oils such as peanut oil are highly refined (hot solvent extracted), which removes protein from the product. These types of oil are most commonly used in commercial food preparation. Since it is protein in allergenic foods that causes food allergy, highly refined oils are non allergenic. Research has shown that individuals with a severe peanut allergy have not had reactions to heat processed oils. However, people with a food allergy should avoid “gourmet” or cold pressed oils because they may contain allergenic proteins, which provide the flavor to the oil. For the same reason, oils that have been used to fry potentially allergenic foods should be avoided by allergic individuals.”

* Used with permission from International Food Information Council Foundation Publication – Questions and Answers About Food Allergy.

	DRESSINGS							
	CAESAR	REDUCED FAT RASPBERRY VINAIGRETTE	BLUE CHEESE	BUTTERMILK RANCH	SPICY	THOUSAND ISLAND	LIGHT ITALIAN	FAT FREE HONEY MUSTARD
Serving Size – oz	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Serving Size – g	29	37	29	30	29	30	32	35
Serving Per Container	2.5	2	2.5	2.5	2.5	2.5	2	2
Calories	160	80	150	160	140	150	15	60
Calories from Fat	150	20	140	150	130	130	5	0
	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	17g 26%	2g 3%	16g 24%	16g 25%	14g 22%	14g 22%	.5g 1%	0g 0%
Saturated Fat	2.5g 13%	0g 0%	3g 15%	2.5g 13%	2g 11%	2g 11%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g	0g	0g	0g	0g
Cholesterol	30mg 10%	0mg 0%	20mg 6%	5mg 2%	5mg 2%	10mg 3%	0mg 0%	0mg 0%
Sodium	240mg 10%	190mg 8%	300mg 12%	270mg 11%	130mg 5%	250mg 10%	570mg 24%	200mg 8%
Total Carb.	1g 0%	15g 5%	1g 0%	1g 0%	2g 1%	5g 2%	2g 1%	14g 5%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Sugars	0g	11g	1g	1g	1g	4g	2g	11g
Protein	1g	0g	1g	0g	0g	0g	0g	0g
Vitamin A	0%	0%	0%	0%	0%	0%	0%	0%
Vitamin C	0%	0%	0%	0%	4%	0%	0%	0%
Calcium	0%	0%	2%	0%	0%	0%	0%	0%
Iron	0%	0%	0%	0%	0%	0%	0%	0%

DRESSINGS

CAESAR DRESSING

Ingredients: Soybean oil, water, egg yolk, lemon juice concentrate, white wine, and distilled vinegars, spices (including mustard seed), salt, parmesan cheese (part-skim milk, cheese culture, salt, enzymes), garlic*, onion*, olive oil, sodium benzoate and potassium sorbate added as preservatives, molasses, xanthan gum, corn syrup, natural flavor, propylene glycol alginate, caramel color, sugar, calcium disodium EDTA added to protect flavor, anchovies, tamarind.
*dehydrated

REDUCED FAT RASPBERRY VINAIGRETTE DRESSING

Ingredients: Water, high fructose corn syrup, corn syrup, red wine vinegar, maltodextrin, soybean oil, sugar, modified food starch, raspberries, salt, lemon juice concentrate, natural flavors, sodium benzoate added as preservative, spices, propylene glycol alginate, xanthan gum, titanium dioxide, red #40.

BLUE CHEESE DRESSING

Ingredients: Soybean oil, water, blue cheese (milk, cheese cultures, salt, enzymes, calcium chloride), distilled vinegar, egg yolk, sugar, salt, high fructose corn syrup, xanthan gum, sour cream powder, sodium benzoate, and potassium sorbate added as preservatives, natural flavor, dehydrated garlic.

BUTTERMILK RANCH DRESSING

Ingredients: Soybean oil, water, buttermilk, distilled vinegar, high fructose corn syrup, salt, egg yolk, whey protein concentrate (milk), garlic juice, monosodium glutamate, sugar, natural flavor, xanthan gum, dehydrated onion, polysorbate 60, sodium benzoate added as preservative, spice, lactic acid, calcium disodium EDTA added to protect flavor.

SPICY DRESSING

Ingredients: Soybean oil, green and red chile peppers, water, distilled vinegar, cultured buttermilk, garlic (including dehydrated), sugar, egg yolk, whey protein concentrate (milk), salt, natural flavors, spices, chipotle peppers (including dehydrated), potassium sorbate and sodium benzoate added as preservatives, polysorbate 60, mustard seed, xanthan gum, molasses, corn syrup, caramel color, calcium disodium EDTA added to protect flavor, anchovies, tamarind.

THOUSAND ISLAND DRESSING

Ingredients: Soybean oil, water, high fructose corn syrup, pickles, distilled vinegar, egg yolk, sugar, tomato paste, salt, spice (including mustard seed), propylene glycol alginate, paprika, dehydrated onion, red bell peppers, xanthan gum, natural flavors, oleoresin paprika, beet juice concentrate, calcium disodium EDTA added to protect flavor, sodium benzoate added as a preservative, polysorbate 80.

LIGHT ITALIAN DRESSING

Ingredients: Water, distilled vinegar, sugar, salt, soybean oil, garlic*, xanthan gum, sodium benzoate added as a preservative, spices, onion*, red bell pepper*, calcium disodium EDTA added to protect flavor, Yellow #5, yellow #6.
*dehydrated

FAT FREE HONEY MUSTARD DRESSING

Ingredients: High fructose corn syrup, water, honey, distilled vinegar, mustard seed*, modified food starch, salt, white wine vinegar, sugar, microcrystalline cellulose, cellulose gum, artificial colors including Yellow #5, spices, sodium benzoate and potassium sorbate added as preservatives, dehydrated onion, lemon juice concentrate, white wine, molasses, caramel color, natural flavors, xanthan gum, dehydrated garlic, anchovies, tamarind, citric acid, tartaric acid. *adds a trivial amount of fat.

	DESSERTS									
	ICEDREAM® (small cup)	ICEDREAM® (small cone)	LEMON PIE (1 slice)	FUDGE NUT BROWNIE (1 brownie)	CHEESECAKE (1 slice)	HAND-SPUN MILKSHAKE (Vanilla)	HAND-SPUN MILKSHAKE (Chocolate)	HAND-SPUN MILKSHAKE (Strawberry)	HAND-SPUN MILKSHAKE (Cookies & Cream)	
Serving Size – oz	8	4.7	4.19	2.6	3.3	20	20	20	20	
Serving Size – g	227	135	126	74	93	475	510	531	503	
Serving Per Container	1	1	1	1	1	1	1	1	1	
Calories	240	160	390	330	340	640	730	710	770	
Calories from Fat	60	35	110	140	190	230	230	230	280	
	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	6g 9%	4g 6%	13g 20%	15g 23%	21g 32%	26g 40%	26g 40%	26g 40%	31g 48%	
Saturated Fat	3.5g 18%	2g 10%	4.5g 23%	3.5g 18%	12g 60%	15g 75%	15g 75%	15g 75%	16g 80%	
Trans Fat	0g	0g	1.5g	2.5g	1g	0g	0g	0g	2g	
Cholesterol	25mg 8%	15mg 5%	30mg 10%	20mg 7%	90mg 30%	90mg 30%	90mg 30%	90mg 30%	90mg 30%	
Sodium	105mg 4%	80mg 3%	300mg 13%	210mg 9%	270mg 11%	500mg 21%	520mg 22%	550mg 23%	650mg 27%	
Total Carb.	41g 14%	28g 9%	63g 21%	45g 15%	30g 10%	89g 30%	112g 37%	108g 36%	109g 36%	
Dietary Fiber	0g 0%	0g 0%	1g 4%	2g 8%	2g 8%	0g 0%	1g 4%	1g 4%	1g 4%	
Sugars	41g	24g	36g	29g	25g	88g	106g	102g	99g	
Protein	6g	4g	6g	4g	6g	15g	16g	16g	17g	
Vitamin A	8%	4%	10%	25%	10%	20%	20%	20%	20%	
Vitamin C	0%	0%	4%	0%	0%	10%	10%	30%	10%	
Calcium	20%	10%	15%	2%	6%	60%	60%	60%	60%	
Iron	2%	2%	2%	10%	0%	2%	4%	2%	10%	

DESSERTS

ICEDREAM® CUP Ingredients: Whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavors, dried whole eggs, cornstarch, mono and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors, artificial color [Yellow 5 & 6].

Chocolate Syrup Ingredients: High fructose corn syrup, corn syrup, sugar, water, cocoa contains 2% or less of: potassium sorbate (a preservative), salt, mono- and diglycerides, polysorbate 60 (an emulsifier), xanthan gum, and vanillin (an artificial flavoring).

ICEDREAM® CONE Ingredients: Whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavors, dried whole eggs, cornstarch, mono and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors, artificial color [Yellow 5 & 6].

Cone Ingredients: Enriched flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, [vitamin B1] riboflavin, [vitamin B2], folic acid), corn starch, contains 2% or less of sugar, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), salt, sodium bicarbonate, annatto (for color), artificial flavor.

CHICK-FIL-A® LEMON PIE Ingredients: Sweetened condensed milk (concentrated whole milk and sugar), meringue (sugar, dextrose, dried egg whites [with sodium lauryl sulfate], cream of tartar, algin, salt, sodium hexametaphosphate, calcium sulfate, locust bean gum, xanthan gum, artificial flavor), graham cracker crumbs (wheat flour, sugar, partially hydrogenated soybean oil, graham flour, high fructose corn syrup, honey, leavening, [baking soda, calcium phosphate], salt, artificial flavor), water, lemon juice, margarine (liquid and partially hydrogenated soybean oil, water, salt, whey solids (milk), vegetable mono & diglycerides, soy lecithin, natural and artificial flavors, beta carotene, vitamin A palmitate), pie starch (eggs, modified food starch, dextrose, Yellow 5 and 6), vanilla wafers (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid, sugar, partially hydrogenated soybean oil, high fructose corn syrup, whey {from milk}, eggs, natural and artificial flavor, salt, leavening [baking soda, calcium phosphate], mono and diglycerides [emulsifier], vanilla extract.)

FUDGE NUT BROWNIE Ingredients: Sugar, bleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated vegetable shortening [(soybean and cottonseed oils) with BHT and citric acid added to protect flavor], walnuts, whole eggs, corn syrup, cocoa processed with alkali (dutch), contains 2% or less of: carob powder, high fructose corn syrup, egg whites, vegetable mono and diglycerides, salt, nonfat milk, sweetened condensed milk (milk, sugar), artificial flavors, citric acid, soy lecithin, polysorbate 60, potassium sorbate (preservative), leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), mono and diesters of fatty acids, soy flour and wheat starch. This product has been processed on equipment that also processes products containing other tree nuts.

CHICK-FIL-A® CHEESECAKE Ingredients: Cream cheese, (milk, and cream, cheese culture, salt, carob bean gum), whole eggs, sugar, (cane or beet), crystalline fructose, graham cracker crumbs (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], whole wheat flour, sugar, vegetable shortening, [partially hydrogenated soybean and/or cottonseed oils], high fructose corn syrup, molasses, honey, salt, sodium bicarbonate), salad oil (soybean oil with citric acid), vanilla.

Strawberry Topping Ingredients: Strawberries, water, sugar, high fructose corn syrup, sugar syrup, corn syrup, modified food starch, salt, erythorbic acid, potassium sorbate as preservative, citric acid, artificial color (contains FD&C Red #40).

Blueberry Topping Ingredients: Blueberries, water, sugar, sugar syrup, high fructose corn syrup, modified food starch, salt, potassium sorbate as preservative, lemon juice powder.

HAND-SPUN MILKSHAKES

VANILLA Ingredients: Icedream (whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavor, dried whole egg, cornstarch, mono and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel color, artificial color [Yellow 5 & 6]), milkshake base (whole milk, sugar, cream, whey powder (milk), nonfat dry milk, artificial flavor, disodium phosphate, mono and diglycerides, tetrasodium pyrophosphate, guar gum, cellulose gum, carrageenan) whipped topping (cream, milk, sugar, sorbitol, nonfat milk solids, artificial flavor, mono and diglycerides, carrageenan, polysorbate 80, mixed tocopherols (vitamin E) to protect flavor, propellant:nitrous oxide), cherry.

CHOCOLATE Ingredients: Icedream (whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavor, dried whole egg, cornstarch, mono and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors artificial color [Yellow 5 & 6]), milkshake base (whole milk, sugar, cream, whey powder (milk), nonfat dry milk, artificial flavor, disodium phosphate, mono and diglycerides, tetrasodium pyrophosphate, guar gum, cellulose gum, carrageenan), chocolate syrup (high fructose corn syrup, corn syrup, sugar, water, cocoa contains 2% or less of: potassium sorbate [a preservative], salt, mono- and diglycerides, polysorbate 60 [an emulsifier], xanthan gum, and vanillin), whipped topping (cream, milk, sugar, sorbitol, nonfat milk solids, artificial flavor, mono and diglycerides, carrageenan, polysorbate 80, mixed tocopherols (vitamin E) to protect flavor, propellant:nitrous oxide), cherry.

STRAWBERRY Ingredients: Icedream (whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavor, dried whole egg, cornstarch, mono and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors artificial color [Yellow 5 & 6]), milkshake base (whole milk, sugar, cream, whey powder (milk), nonfat dry milk, artificial flavor, disodium phosphate, mono and diglycerides, tetrasodium pyrophosphate, guar gum, cellulose gum, carrageenan) strawberries, (water, sugar, high fructose corn syrup, corn syrup, sugar syrup, modified food starch, salt, erythorbic acid, potassium sorbate as preservative, citric acid, artificial color, [contains FD&C Red #40]), whipped topping (cream, milk, sugar, sorbitol, nonfat milk solids, artificial flavor, mono and diglycerides, carrageenan, polysorbate 80, mixed tocopherols (vitamin E) to protect flavor, propellant: nitrous oxide), cherry.

COOKIES & CREAM Ingredients: Icedream (whole milk, sugar, nonfat dry milk, cream, corn syrup, natural and artificial flavor, dried whole egg, cornstarch, mono and diglycerides, disodium phosphate, cellulose gum, carrageenan, sodium phosphate, guar gum, sodium citrate, annatto and caramel colors artificial color [Yellow 5 & 6]), milkshake base (whole milk, sugar, cream, whey powder (milk), nonfat dry milk, artificial flavor, disodium phosphate, mono and diglycerides, tetrasodium pyrophosphate, guar gum, cellulose gum, carrageenan), Oreo (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin, {vitamin B2}, folic acid], sugar, partially hydrogenated soybean oil, cocoa [processed with alkali], dextrose, high fructose corn syrup, baking soda, salt, cornstarch, soy lecithin [emulsifier], chocolate, vanillin-an artificial flavor), whipped topping (cream, milk, sugar, sorbitol, nonfat milk solids, artificial flavor, mono and diglycerides, carrageenan, polysorbate 80, mixed tocopherols (vitamin E) to protect flavor, propellant:nitrous oxide), cherry.

BEVERAGES												
	LEMONADE (small)		DIET LEMONADE (small)		ICED TEA (unsweetened, small)		ICED TEA (sweetened, small)		COCA-COLA CLASSIC® (small)		DIET COKE® (small)	
Serving Size – oz	9.0		9.0		9.0		9.0		9.0		9.0	
Serving Size – g	255		255		255		255		255		255	
Serving Per Container	1		1		1		1		1		1	
Calories	170		25		0		80		110		0	
Calories from Fat	5		0		0		0		0		0	
	%DV		%DV		%DV		%DV		%DV		%DV	
Total Fat	.5g	1%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g		0g		0g		0g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	10mg	0%	5mg	0%	0mg	0%	0mg	0%	10mg	0%	10mg	0%
Total Carb.	41g	14%	5g	2%	0g	0%	19g	6%	28g	9%	0g	0%
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Sugars	40g		3g		0g		19g		28g		0g	
Protein	0g		0g		0g		0g		0g		0g	
Vitamin A		0%		0%		0%		0%		0%		0%
Vitamin C		25%		25%		0%		0%		0%		0%
Calcium		0%		0%		0%		0%		0%		0%
Iron		2%		2%		2%		2%		0%		0%

BEVERAGES

CHICK-FIL-A® LEMONADE

Ingredients: Freshly squeezed lemon juice, water, cane sugar.

CHICK-FIL-A® DIET LEMONADE

Ingredients: Freshly-squeezed lemon juice, water, Spenda® (dextrose, maltodextrin, sucralose).

COCA-COLA CLASSIC®

Ingredients: High fructose corn syrup and/or sucrose, water, caramel color, phosphoric acid, natural flavors, caffeine.

DIET COKE®

Ingredients: Water, caramel color, phosphoric acid, sodium saccharin, potassium benzoate (to protect taste), natural flavors, citric acid, caffeine, potassium citrate, Aspartame, dimethylpolysiloxane. (Phenylketonurics: Aspartame contains phenylalanine)

BREAD

(Ingredients may vary due to local supplier)

STANDARD 4" BUN

Ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2]), water, corn syrup, contains 2% or less of each of the following: liquid yeast, partially hydrogenated soybean oil, salt, wheat gluten, soy flour, dough conditioners (may contain one or more of the following: monoglycerides and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide), amylose, yeast, nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), calcium propionate added to retard spoilage, corn starch.

WHEAT BREAD

Ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2]), water, high fructose corn syrup, contains 2% or less of each of the following: partially hydrogenated soybean oil, dough conditioners (may contain one or more of the following: monoglycerides and diglycerides, calcium and sodium stearoyl lactylates, calcium peroxide, calcium carbonate), yeast, nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate), amylase, soy flour, corn starch, calcium propionate added to retard spoilage.

GOLDEN WHEAT BUN

Ingredients: Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, cracked wheat, wheat bran, yeast, contains 2% or less of each of the following: wheat gluten, partially hydrogenated vegetable shortening (soybean oil and/or cottonseed oil), salt, whole wheat, bleached flour, rye meal, barley flour, sodium stearoyl lactylate, honey, calcium stearoyl-2 lactylate, molasses, monocalcium phosphate, polysorbate 60, malted barley flour, ammonium sulfate, calcium sulfate, guar gum, datem, calcium propionate (to preserve freshness). Bun manufactured in a facility that also processes products containing egg.

BREAKFAST PRODUCTS

	CHICK-FIL-A® CHICKEN BURRITO	CHICK-FIL-A® SAUSAGE BURRITO	CHICK-FIL-A® CHICK-N-MINIS™ (3-Count)	CHICK-FIL-A® CHICK-N-MINIS™ (4-Count)	SUNFLOWER MULTIGRAIN BAGEL	CHICKEN, EGG, & CHEESE ON SUNFLOWER MULTIGRAIN BAGEL
Serving Size – oz	7	7	3	4	3	7.5
Serving Size – g	191	191	89	119	78	215
Serving Per Container	1	1	1	1	1	1
Calories	410	450	270	360	220	500
Calories from Fat	150	200	100	130	30	180
	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	16g 25%	23g 35%	11g 17%	15g 23%	3g 5%	20g 31%
Saturated Fat	7g 35%	9g 45%	3.5g 18%	4.5g 23%	0g 0%	7g 35%
Trans Fat	0g	0g	1g	1g	0g	0g
Cholesterol	210mg 70%	215mg 72%	50mg 17%	65mg 22%	0mg 0%	290mg 97%
Sodium	940mg 39%	860mg 36%	640mg 27%	860mg 36%	350mg 15%	1260mg 53%
Total Carb.	42g 14%	39g 13%	28g 9%	37g 12%	41g 14%	49g 16%
Dietary Fiber	4g 16%	3g 12%	1g 4%	2g 8%	2g 8%	3g 12%
Sugars	4g	3g	6g	8g	6g	8g
Protein	22g	20g	14g	19g	7g	31g
Vitamin A	10%	10%	2%	2%	0%	15%
Vitamin C	15%	15%	0%	0%	0%	0%
Calcium	30%	30%	2%	4%	4%	15%
Iron	20%	20%	8%	10%	15%	20%

BREAKFAST

CHICK-FIL-A® CHICKEN BURRITO

Ingredients: Tortilla (enriched bleached wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, vegetable shortening [soybean, hydrogenated soybean oil], contains 2% or less of: salt, leavening [baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate], dough conditioners [fumaric acid, sodium metabisulfite], calcium propionate and sorbic acid [to preserve freshness]), egg (whole eggs, citric acid), **whole breast filet** (seasoning [salt, monosodium glutamate, sugar, spices, paprika]), **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** (water, whole powdered egg and nonfat milk solids), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added), **honey butter** (corn syrup, honey, butter [cream, lactic acid, natural flavor], margarine [soybean oil, partially hydrogenated soybean oil, water, mono and diglycerides, soy lecithin, artificial flavor, beta carotene {color}], vitamin A palmitate added), soybean oil, water, high fructose corn syrup, non-fat dry milk, mono and diglycerides, natural flavors, salt, soy lecithin, sodium benzoate added as preservative, calcium disodium EDTA added to protect flavor, propylene glycol alginate).

Monterey/Cheddar cheese blend (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose added to prevent caking).

CHICK-FIL-A® SAUSAGE BURRITO

Ingredients: Tortilla (enriched bleached wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, vegetable shortening [soybean, hydrogenated soybean oil], contains 2% or less of: salt, leavening [baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate], dough conditioners [fumaric acid, sodium metabisulfite], calcium propionate and sorbic acid [to preserve freshness]), egg (whole eggs, citric acid), **sausage** (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color) **roasted pepper onion blend** (onions, green bell peppers, red bell peppers), **Monterey/Cheddar cheese blend** (Monterey Jack cheese [cultured pasteurized milk, salt, enzymes], cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto color], powdered cellulose added to prevent caking).

CHICK-FIL-A® CHICK-N-MINIS™

Ingredients: Yeast rolls (enriched bleached flour [bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, sugar, partially hydrogenated soybean oil and/or cottonseed oil, whole eggs, butter [cream, salt], salt, yeast), **Chick-fil-A nuggets** (100% natural chicken

breast, seasoning [salt, monosodium glutamate, sugar, spices, paprika]), **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** [water, whole powdered egg and nonfat milk solids], **peanut oil** [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added]), **honey butter** (corn syrup, honey, butter [cream, lactic acid, natural flavor], margarine [soybean oil, partially hydrogenated soybean oil, water, mono and diglycerides, soy lecithin, artificial flavor, beta carotene {color}], vitamin A palmitate added), soybean oil, water, high fructose corn syrup, non-fat dry milk, mono and diglycerides, natural flavors, salt, soy lecithin, sodium benzoate added as preservative, calcium disodium EDTA added to protect flavor, propylene glycol alginate).

SUNFLOWER MULTIGRAIN BAGEL

Ingredients: Wheat Bagel (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar or high fructose corn syrup, wheat bran, sunflower seeds, cracked wheat, vegetable oil [canola oil or soybean oil], millet, salt, yeast, cornmeal, calcium propionate and potassium sorbate [preservatives], oats).

CHICKEN, EGG, & CHEESE ON SUNFLOWER MULTIGRAIN BAGEL

Ingredients: Wheat Bagel (enriched flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sugar or high fructose corn syrup, wheat bran, sunflower seeds, cracked wheat, vegetable oil [canola oil or soybean oil], millet, salt, yeast, cornmeal, calcium propionate and potassium sorbate [preservatives], oats), egg (whole eggs, citric acid), **whole breast filet** (seasoning [salt, monosodium glutamate, sugar, spices]), **seasoned coater** (enriched bleached flour [with malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, salt, monosodium glutamate, nonfat milk, leavening [baking soda, sodium aluminum phosphate, monocalcium phosphate], spice, soybean oil, color [paprika]), **milk wash** [water, whole powdered egg and nonfat milk solids], **peanut oil** [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added]), **American cheese** (cultured milk, and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], sodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin).

BREAKFAST PRODUCTS

	HOT BUTTERED BISCUIT	CHICK-FIL-A® CHICKEN BISCUIT	CHICK-FIL-A® CHICKEN AND CHEESE BISCUIT	BACON BISCUIT	BACON AND EGG BISCUIT	BACON, EGG AND CHEESE BISCUIT	EGG BISCUIT
Serving Size – oz	2.78	5.1	5.6	3.2	5.25	5.74	4.7
Serving Size – g	79	145	159	92	149	163	135
Serving Per Container	1	1	1	1	1	1	1
Calories	270	420	470	330	420	470	350
Calories from Fat	110	170	210	150	200	240	150
	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	12g 18%	19g 29%	23g 35%	16g 25%	22g 34%	26g 40%	16g 25%
Saturated Fat	3g 15%	4.5g 23%	8g 40%	4.5g 23%	6g 30%	9g 45%	4.5g 23%
Trans Fat	3g	3g	3g	3g	3g	3g	3g
Cholesterol	0mg 0%	35mg 12%	50mg 17%	15mg 5%	255mg 85%	270mg 90%	240mg 80%
Sodium	660mg 28%	1270mg 53%	1500mg 63%	890mg 37%	960mg 40%	1190mg 50%	740mg 31%
Total Carb.	38g 13%	44g 15%	45g 15%	38g 13%	38g 13%	39g 13%	38g 13%
Dietary Fiber	1g 4%	2g 8%	2g 8%	1g 4%	1g 4%	1g 4%	1g 4%
Sugars	5g	6g	6g	5g	5g	5g	5g
Protein	4g	18g	21g	8g	15g	18g	11g
Vitamin A	0%	0%	4%	0%	8%	15%	8%
Vitamin C	0%	0%	0%	0%	0%	0%	0%
Calcium	6%	6%	15%	6%	8%	15%	8%
Iron	10%	15%	15%	15%	15%	15%	15%

BREAKFAST Continued:

HOT BUTTERED BISCUIT

Ingredients: **Biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey [milk], dextrose, **water**, **self rising flour**, bleached and enriched flour, [bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid], leavening [sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate], salt) **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, TBHQ to help protect flavor and color, artificial flavor, artificial color [beta carotene]).

CHICK-FIL-A® CHICKEN BISCUIT

Ingredients: **100% natural whole breast filet**, (seasoning [salt, monosodium glutamate, sugar, spices, paprika], **seasoned coater** [enriched bleached flour {malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}], **milk wash** [water, whole powdered egg and nonfat milk solids], **peanut oil** [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added]), **biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}], leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt, **butter-flavored vegetable oil** [partially hydrogenated soybean oil, palm kernel oil, lecithin, TBHQ and citric acid added as preservatives, and artificial color]).

CHICK-FIL-A® CHICKEN AND CHEESE BISCUIT

Ingredients: **100% natural whole breast filet**, (seasoning [salt, monosodium glutamate, sugar, spices, paprika], **seasoned coater** [enriched bleached flour {malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid}, sugar, salt, monosodium glutamate, nonfat milk, leavening {baking soda, sodium aluminum phosphate, monocalcium phosphate}, spice, soybean oil, color {paprika}], **milk wash** [water, whole powdered egg and nonfat milk solids], **peanut oil** [fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added]), **biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}], leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color). **American cheese** (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative]), sodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin).

BACON BISCUIT

Ingredients: **Biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey (milk), dextrose, **water**, **self rising flour** [bleached and enriched flour, [bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid], leavening [sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate], salt), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ to help protect flavor and color, artificial flavor, artificial color [beta carotene]), **Applewood bacon** (cured with water, salt, sugar, natural and artificial smoke flavoring with natural apple flavor added, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite)

BACON AND EGG BISCUIT

Ingredients: **Biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}], leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **egg** (whole eggs, citric acid), **Applewood bacon** (cured with water, salt, sugar, natural and artificial smoke flavoring with natural apple flavor added, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrate).

BACON, EGG, AND CHEESE BISCUIT

Ingredients: **Biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}], leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **egg** (whole eggs, citric acid), **American cheese** (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative]), sodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin), **Applewood bacon** (cured with water, salt, sugar, natural and artificial smoke flavoring with natural apple flavor added, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrate).

EGG BISCUIT

Ingredients: **Biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil [with soy lecithin], sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}], leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **egg** (whole eggs, citric acid).

BREAKFAST PRODUCTS

	EGG AND CHEESE BISCUIT	SAUSAGE BISCUIT	SAUSAGE AND EGG BISCUIT	BISCUIT WITH GRAVY	FRUIT CUP (medium)	HASHBROWNS	CINNAMON CLUSTER (1 cluster)
Serving Size – oz	5.21	4.9	6.9	6.77	4.37	2.98	1
Serving Size – g	149	141	198	192	124	84	96
Serving Per Container	1	1	1	1	1	1	1
Calories	400	490	570	330	70	260	380
Calories from Fat	190	280	340	140	0	150	120
	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Total Fat	21g 32%	32g 49%	37g 57%	15g 23%	0g 0%	17g 26%	13g 20%
Saturated Fat	7g 35%	10g 50%	11g 55%	4g 20%	0g 0%	3.5g 18%	5g 25%
Trans Fat	3g	3g	3g	4g	0g	1g	2g
Cholesterol	255mg 85%	45mg 15%	285mg 95%	5mg 2%	0mg 0%	5mg 2%	35mg 12%
Sodium	970mg 40%	1060mg 44%	1130mg 47%	950mg 40%	0mg 0%	380mg 16%	250mg 10%
Total Carb.	38g 13%	38g 13%	39g 13%	43g 14%	16g 5%	25g 8%	60g 20%
Dietary Fiber	1g 4%	2g 8%	2g 8%	1g 4%	2g 8%	3g 12%	2g 8%
Sugars	5g	5g	5g	5g	13g	0g	30g
Protein	14g	13g	19g	5g	1g	2g	6g
Vitamin A	15%	0%	10%	0%	2%	0%	2%
Vitamin C	0%	0%	0%	0%	35%	0%	0%
Calcium	15%	8%	10%	6%	2%	2%	6%
Iron	15%	15%	20%	10%	2%	4%	10%

BREAKFAST Continued:

EGG AND CHEESE BISCUIT

Ingredients: Biscuit (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil (with soy lecithin), sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}, leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **egg** (whole eggs, citric acid), **American cheese** (cultured milk and skim milk, cream, salt, sodium citrate, contains less than 2% of sorbic acid [preservative], sodium phosphate, lactic acid, artificial color, enzymes, modified soy lecithin).

SAUSAGE BISCUIT

Ingredients: Biscuit (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil (with soy lecithin), sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}, leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **sausage** (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color).

SAUSAGE AND EGG BISCUIT

Ingredients: Biscuit (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil (with soy lecithin), sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose, **water**, **self rising flour** [bleached and enriched flour, {bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid}, leavening {sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate}, salt]), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, artificial flavor, TBHQ and citric acid added as preservatives, and artificial color), **egg** (whole eggs, citric acid), **sausage** (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color).

BISCUIT WITH GRAVY

Ingredients: Gravy (coffee whitener [partially hydrogenated soybean oil, corn syrup solids, sodium caseinate, sugar, dextrose, mono and diglycerides, DATEM, carrageen, and natural flavor], modified corn starch, wheat flour, maltodextrin, buttermilk solids, salt, leavening, [sodium pyrophosphate, sodium bicarbonate], sodium caseinate, sodium citrate, spice, Yellow #5 and yellow #6), **sausage** (pork, water, salt, spices, sodium phosphates, dextrose, monosodium glutamate, caramel color), **biscuit** (enriched bleached wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soy and cottonseed oil (with soy lecithin), sugar, buttermilk, leavening [sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], pregelatinized wheat flour, salt, natural flavor, whey, dextrose), **water**, **self rising flour** (bleached and enriched flour, [bleached wheat flour, thiamine mononitrate, riboflavin, niacin, reduced iron, folic acid], leavening [sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate], salt), **butter-flavored vegetable oil** (partially hydrogenated soybean oil, palm kernel oil, lecithin, TBHQ to help protect flavor and color, artificial flavor, artificial color [beta carotene]).

FRUIT CUP

Ingredients: **Red and Green Apples** (less than 2% vitamin C, calcium chloride, calcium hydroxide, magnesium chloride), **red seedless grapes**, **fresh strawberries**, **mandarin oranges** (water, sugar, citric acid).

HASHBROWNS

Ingredients: **Potatoes**, (partially hydrogenated vegetable shortening [soybean and/or canola oil], and/or hot palm oil, dehydrated potato, salt, disodium dihydrogen pyrophosphate, [to promote color retention], dextrose), **peanut oil** (fully refined peanut oil with TBHQ and citric acid added to preserve freshness and Dimethylpolysiloxane an anti-foaming agent added).

CINNAMON CLUSTER

Ingredients: **Cinnamon roll** (enriched bleached flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid], water, sugar, invert sugar, vegetable shortening [partially hydrogenated soybean and cottonseed oils, mono and diglycerides], eggs, butter, shortening (canola oil, hydrogenated cottonseed oil, TBHQ, with ascorbic acid, rosemary and citric acid to preserve freshness), nonfat dry milk, brown sugar, refined soybean oil, whole wheat flour, cinnamon, contains less than 2% of each of the following: monoglycerides, food starch-modified, yeast, salt, spices, sodium stearoyl lactylate, enzymes, ascorbic acid added as dough conditioner), **icing** (sugar, water, corn syrup, stearic acid, artificial color, agar, salt, potassium sorbate [preservative], guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavor).