



Nutrition Information

Garden Sensations® Salads Flavor-Packed Entrée Salads* Prepared Fresh Daily	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Mandarin Chicken® Salad	180	2	0.5	0	65	630	16	2	12	24						
Crispy Noodles	70	2.5	0	0	0	190	10	0	0	1						
Roasted Almonds	130	11	1	0	0	70	4	2	1	5						
Oriental Sesame Dressing	170	10	1.5	0	0	360	19	0	18	1						
Chicken Caesar Salad	180	4	2	0	75	690	8	3	3	28						
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2						
Supreme Caesar Dressing❖	120	13	2	0	10	200	1	0	1	1						
Chicken BLT Salad	470	27	10	0.5	90	1210	23	3	5	35						
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2						
Honey Dijon Dressing	250	24	3.5	0	20	330	9	0	8	1						
Southwest Taco Salad	400	22	11	1	85	1140	26	7	9	27						
Reduced Fat Sour Cream	45	3.5	2	0	10	25	2	0	1	1						
Seasoned Tortilla Strips	110	5	1	0	0	160	13	1	0	2						
Ancho Chipotle Ranch Dressing	90	8	1.5	0	10	240	3	0	2	1						
Additional Salad Dressings																
Classic Ranch	200	20	3	0	15	340	3	0	2	1						
Light Classic Ranch**	90	8	1.5	0	20	360	4	0	2	1						
Italian Vinaigrette**	130	11	1.5	0	0	320	8	0	6	0						
Fat Free French**	70	0	0	0	0	170	17	1	15	0						
Thousand Island**	290	28	4.5	0	30	530	9	0	7	1						

* Toppings and Salad Dressings listed separately. ** Not available in all locations. ❖ Information is for 1 packet.

- =

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- =

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Side Selections Numerous Options for a Balanced Meal	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Side Salad	35	0	0	0	0	25	8	2	4	1						
Caesar Side Salad	70	4	2	0	10	170	4	2	1	6			●			
Homestyle Garlic Croutons	70	2.5	0	0	0	125	9	0	0	2			●		●	
Supreme Caesar Dressing	120	13	2	0	10	200	1	0	1	1	●	●	●			
Mandarin Orange Cup	80	0	0	0	0	15	19	1	17	1						
Plain Baked Potato (avg. wgt. 10 oz.)	270	0	0	0	0	25	61	7	3	7						
Sour Cream & Chives Baked Potato	320	3.5	2	0	10	50	63	7	4	8			●			
Buttery Best Spread	50	5	1	0	0	95	0	0	0	0			●	●		
Small Chili	190	6	2.5	0	40	830	19	5	6	14						
Large Chili	280	9	3.5	0.5	60	1240	29	7	9	21						
Hot Chili Seasoning Packet	5	0	0	0	0	270	1	0	1	0						
Saltine Crackers	25	0.5	0	0	0	80	5	0	0	1					●	●
Cheddar Cheese, shredded	70	6	3	0	15	105	1	0	0	4			●			
Kids' Meal French Fries*	210	10	2	0	0	190	27	3	0	3	●	●	●		●	
Small French Fries*	330	16	3	0	0	300	44	4	0	4	●	●	●		●	
Medium French Fries*	420	20	4	0	0	380	55	5	0	5	●	●	●		●	
Large French Fries*	540	26	5	0	0	500	71	7	0	7	●	●	●		●	
Ketchup, 1 Packet	10	0	0	0	0	115	3	0	2	0						

* Recommended portion sizes. French fries are individually portioned at every restaurant. Variations will exist from restaurant to restaurant.

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Nutrition Information

Beverages Refreshments for Everyone's Thirst	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Nesquik® Low Fat White Milk	100	2.5	1.5	0	10	120	12	0	12	8			•			
Nesquik Low Fat Chocolate Milk	170	2.5	1.5	0	10	160	29	1	28	8			•			
Diet Coke®, Small Cup	0	0	0	0	0	15+	0	0	0	0						
Caffeine Free Diet Coke, Small Cup	0	0	0	0	0	15+	0	0	0	0						
Sprite®, Small Cup	160	0	0	0	0	35+	41	0	41	0						
Sprite Zero™ Fountain, Small Cup	5	0	0	0	0	10+	0	0	0	0						
Vault™, Small Cup	180	0	0	0	0	15+	45	0	45	0						
Coca-Cola®, Small Cup	160	0	0	0	0	0+	45	0	45	0						
Cherry Coke®, Small Cup	170	0	0	0	0	10+	45	0	45	0						
Mello Yellow®, Small Cup	180	0	0	0	0	10+	45	0	45	0						
Minute Maid® Light Lemonade, Small Cup	10	0	0	0	0	15+	2	0	0	0						
Minute Maid Lemonade, Small Cup	160	0	0	0	0	65+	41	0	41	0						
Hi-C® Flashin' Fruit Punch, Small Cup	170	0	0	0	0	15+	45	0	45	0						
Hi-C Orange Lavaburst, Small Cup	180	0	0	0	0	15+	49	0	49	0						
Hi-C Poppin' Pink, Small Cup	160	0	0	0	0	65+	41	0	41	0						
Barq's® Root Beer, Small Cup	180	0	0	0	0	35+	49	0	49	0						
Barq's Red Crème Soda, Small Cup	190	0	0	0	0	30+	49	0	49	0						
Caffeine Free Barq's Root Beer, Small Cup	180	0	0	0	0	35+	49	0	49	0						
Fanta® Orange, Small Cup	180	0	0	0	0	25+	49	0	49	0						
Fanta Grape, Small Cup	190	0	0	0	0	10+	49	0	49	0						
Fanta Punch, Small Cup	170	0	0	0	0	20+	45	0	45	0						
Fanta Strawberry, Small Cup	190	0	0	0	0	0+	49	0	49	0						
Pibb Xtra®, Small Cup	160	0	0	0	0	25+	45	0	45	0						
Coke Zero™, Small Cup	0	0	0	0	0	10+	0	0	0	0						
Dr Pepper®, Small Cup	160	0	0	0	0	40+	43	0	43	0						
Nestea® Lemon Sweetened Iced Tea, Small Cup	120	0	0	0	0	15+	31	0	31	0						
Nestea Raspberry Iced Tea, Small Cup	130	0	0	0	0	15+	32	0	32	0						
Nestea Sweetened Iced Tea, Small Cup	100	0	0	0	0	20+	28	0	28	0						
Nestea Unsweetened Iced Tea, Small Cup	0	0	0	0	0	25+	0	0	0	0						
POWERade® Fruit Punch, Small Cup	100	0	0	0	0	90+	28	0	24	0						
POWERade Mountain Blast, Small Cup	100	0	0	0	0	90+	28	0	24	0						
Dasani® Water	0	0	0	0	0	0	0	0	0	0						
Coffee	0	0	0	0	0	0+	0	0	0	0						
Coffee Creamer, 1 each	20	2	1	0	10	10	0	0	0	0			•			
Sugar, 1 packet	15	0	0	0	0	0	3	0	3	0						
Non-Nutritive Sweetener	5	0	0	0	0	0	1	0	1	0						
Hot Tea	0	0	0	0	0	0+	0	0	0	0						
Sweet Tea, Small Cup	100	0	0	0	0	10+	26	0	25	0						

To determine approximate nutritional information for a Kids' Meal size soft drink, multiply the value shown for the Small cup by 0.6; Value soft drink, multiply by 0.8; Medium soft drink, multiply by 1.5; Large soft drink, multiply by 2.0. +The sodium value will vary based on the level of sodium in the local water supply. Soft drink serving size reflects the amount of liquid in the beverage cup. A beverage cup will be filled 1/2 full with ice (unless otherwise requested).

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Frosty™ Treats Made with real dairy for a delicious, cool complement to any meal	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Chocolate Frosty Small	320	8	5	0	35	150	52	0	41	9			●			
Vanilla Frosty Small	310	8	5	0	35	180	52	0	43	8			●			
Vanilla Frosty Float with Coca-Cola*	380	7	4.5	0	30	160	75	0	68	7			●			
Chocolate Fudge Frosty Shake, Small	400	11	7	0.5	35	220	69	1	57	9			●			
Chocolate Fudge Frosty Shake, Large	530	13	8	0.5	45	310	94	1	78	11			●			
Strawberry Frosty Shake, Small	390	11	7	0.5	35	170	66	0	58	7			●			
Strawberry Frosty Shake, Large	510	13	8	0.5	45	210	89	1	80	9			●			
Vanilla Bean Frosty Shake, Small	380	10	6	0.5	35	170	65	0	56	7			●			
Vanilla Bean Frosty Shake, Large	500	12	8	0.5	45	220	88	0	77	9			●			
Frosty™-cino, Small	380	11	6	0.5	35	170	63	0	51	7			●			
Frosty-cino, Large	510	13	8	0.5	45	220	86	0	70	9			●			
Nestle® Toll House® Cookie Dough																
Twisted Frosty, Chocolate	480	16	10	0	35	220	77	1	58	10			●	●	●	●
Nestle Toll House Cookie Dough																
Twisted Frosty, Vanilla	480	16	10	0.5	40	240	77	1	60	9			●	●	●	●
M&M's® Twisted Frosty, Chocolate	560	19	12	0.5	40	180	86	1	72	10			●	●		●
M&M's Twisted Frosty, Vanilla	550	19	12	0.5	40	210	86	1	74	10			●	●		●
Oreo® Twisted Frosty, Chocolate	450	14	7	0	30	300	72	1	52	10			●	●	●	
Oreo Twisted Frosty, Vanilla	440	14	6	0.5	35	320	72	1	54	9			●	●	●	
Coffee Toffee Twisted Frosty, Chocolate	540	20	15	0.5	40	240	83	1	67	9			●	●		●
Coffee Toffee Twisted Frosty, Vanilla	540	20	15	0.5	45	270	83	1	69	9			●	●		●

To determine approximate nutritional information for a Jr. Frosty, multiply the value shown for the Small Frosty by 0.5; Medium Frosty, multiply by 1.3; Large Frosty, multiply by 1.7.
* Visit wendys.com for other beverage variations.

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Nutrition Information

Sandwiches	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Jr. Hamburger	230	8	3	0	30	500	26	1	5	13						•
Jr. Cheeseburger	270	11	5	0.5	40	700	26	1	6	15			•	•	•	
Jr. Cheeseburger Deluxe	300	14	6	0.5	45	740	28	2	7	15	•		•	•	•	
Jr. Bacon Cheeseburger	310	16	6	0.5	50	670	25	1	5	17	•		•	•	•	
Double Stack™	360	18	8	1	75	810	26	1	6	23			•	•	•	
Hamburger, Kids' Meal	220	8	3	0	30	500	25	1	5	12						•
Cheeseburger, Kids' Meal	260	11	5	0.5	40	700	26	1	5	15			•	•	•	
Single w/Everything	470	21	8	1	80	940	43	3	10	27	•					•
Double w/Everything and Cheese	750	42	18	2.5	170	1520	44	3	10	50	•		•	•	•	
Triple w/Everything and Cheese	1030	62	28	3.5	255	2110	45	3	11	73	•		•	•	•	
Baconator® Single	600	33	13	1.5	120	1360	42	2	9	35	•		•	•	•	
Baconator Double	970	60	26	2.5	235	2260	44	2	10	62	•		•	•	•	
Baconator Triple	1330	86	38	3.5	345	3150	47	2	11	90	•		•	•	•	
Bacon Deluxe Single	640	35	14	1.5	125	1620	46	2	11	37	•		•	•	•	
Bacon Deluxe Double	860	50	21	2.5	200	1880	46	2	11	56	•		•	•	•	
Bacon Deluxe Triple	1140	71	31	3.5	290	2470	47	2	12	79	•		•	•	•	
Ultimate Chicken Grill Sandwich	350	7	1.5	0	70	1000	41	2	9	29	•					•
Spicy Chicken Fillet Sandwich	470	16	3	0	55	1250	55	2	7	27	•	•		•	•	
Homestyle Chicken Fillet Sandwich	470	17	3.5	0	50	1100	53	2	8	27	•	•		•	•	
Chicken Club Sandwich	620	29	9	0	95	1490	55	2	8	37	•	•	•	•	•	
Crispy Chicken Sandwich	360	18	3.5	0	30	710	36	2	4	15	•	•	•	•	•	
Crispy Chicken Sandwich, Kids' Meal	340	15	3	0	30	680	35	2	4	15	•	•	•	•	•	
Grilled Chicken Go Wrap	250	10	3	0	45	730	24	1	4	17	•		•			•
Homestyle Chicken Go Wrap	310	15	4.5	0	35	800	30	1	2	15	•	•	•	•	•	
Spicy Chicken Go Wrap	320	15	4	0	40	880	30	1	2	16	•	•	•	•	•	

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Sandwich Components	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Jr. Hamburger Patty	90	6	3	0	30	110	0	0	0	8						
1/4 lb.* Hamburger Patty	220	15	7	1	75	260	0	0	0	20						
Ultimate Chicken Grill Fillet	110	1.5	0	0	65	610	1	0	0	23						
Spicy Chicken Fillet	240	10	2	0	50	870	16	0	0	20	●	●		●	●	
Homestyle Chicken Fillet	230	11	2	0	45	720	14	0	0	20	●	●		●	●	
Crispy Chicken Patty	210	14	3	0	30	460	12	1	0	11	●	●	●	●	●	
Sandwich Bun	120	1.5	0	0	0	210	23	1	4	4					●	
Premium Bun	190	2	0	0	0	320	36	1	6	6					●	
Tortilla	130	3	1	0	0	320	21	1	1	3					●	
American Cheese Jr.	40	3.5	2	0	10	200	0	0	0	2			●	●		
American Cheese	70	5	3.5	0	15	320	1	0	0	3			●	●		
Natural Swiss Cheese	70	6	3.5	0	20	85	0	0	0	5			●			
Bacon Jr. – 1 strip	15	1	0	0	5	50	0	0	0	1						
Applewood Smoked Bacon – 1 strip	30	2	1	0	10	100	1	0	0	2						
Mayonnaise	40	3.5	0.5	0	5	55	1	0	0	0	●					
Ketchup	10	0	0	0	0	95	2	0	2	0						
Mustard	0	0	0	0	0	50	0	0	0	0						
Honey Mustard Sauce	40	3.5	0	0	5	60	3	0	2	0	●					
Ranch Sauce	35	3.5	0.5	0	5	70	1	0	0	0	●		●	●		
Dill Pickles – 4 each	0	0	0	0	0	150	0	0	0	0						
Iceburg Lettuce Leaf	0	0	0	0	0	0	0	0	0	0						
Tomato – 1 slice	5	0	0	0	0	0	1	0	1	0						
Onion – 4 rings	5	0	0	0	0	0	1	0	1	0						

* Approximate weight before cooking.

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Boneless Wings & Crispy Chicken Nuggets Crispy All-White Meat Chicken	Nutrition Information										Allergens					
	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholst (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree nut
Bold Buffalo Boneless Wings	520	18	3.5	0	75	2630	58	2	13	31	●	●	●		●	
Honey BBQ Boneless Wings	580	18	3.5	0	75	1990	75	2	34	32	●	●	●		●	
Sweet & Spicy Asian Boneless Wings	550	18	3.5	0	75	2530	67	3	27	31	●	●	●		●	
4 Piece Kids' Meal Chicken Nuggets	190	13	3	0	25	380	9	0	0	9	●	●	●		●	
5 Piece Chicken Nuggets	230	16	3.5	0	30	480	11	0	0	12	●	●	●		●	
10 Piece Chicken Nuggets	470	32	7	0	65	960	21	0	0	23	●	●	●		●	
Barbecue Nugget Sauce	45	0	0	0	0	160	11	0	9	1						
Sweet & Sour Nugget Sauce	50	0	0	0	0	120	12	0	11	0						
Honey Mustard Nugget Sauce	130	12	2	0	10	220	6	0	5	0	●					
Heartland Ranch Dipping Sauce	160	17	2.5	0	15	220	1	0	1	0	●		●			

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

Ancho Chipotle Ranch Dressing: Buttermilk, Soybean Oil, Water, Sour Cream (skim milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum), Distilled Vinegar, Chili Peppers, Sugar, Egg Yolk, Salt, Garlic Juice, Buttermilk Powder (buttermilk, whey), Modified Corn Starch, Garlic (dehydrated), Chipotle Peppers, Onion (dehydrated), Natural Flavors (including smoke flavor), Xanthan Gum, Ancho Peppers (dehydrated), Spices, Lactic Acid, Jalapeno Peppers (dehydrated). CONTAINS: EGG, MILK.

Applewood Smoked Bacon: Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Bacon Jr.: Pork Cured With: Water, Sugar, Salt, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate.

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

Barq's® Red Crème Soda: High Fructose Corn Syrup, Water, Sodium Benzoate (to protect taste), Citric Acid, Natural and Artificial Flavors, Red 40.

Barq's Root Beer: High Fructose Corn Syrup, Water, Caramel Color, Sodium Benzoate (to protect taste), Citric Acid, Caffeine, Artificial and Natural Flavors, Acacia.

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

Bold Buffalo Boneless Wings: Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor {from canola oil}, citric acid, trisodium phosphate}, modified food starch, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Bold Buffalo Sauce (corn syrup, water, cayenne pepper puree, distilled vinegar, salt, modified corn starch, contains less than 2% of: soybean oil, artificial flavor, garlic [dehydrated], xanthan gum, sodium benzoate [preservative], mono and diglycerides, guar gum, polysorbate 60, spice, citric acid, oleoresin paprika). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Note: May be cooked in the same oil as Crispy Chicken Nuggets, Fish Fillets (where available), and Spicy Chicken Nuggets. CONTAINS: WHEAT.

Bun, Premium: Enriched Flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Yeast, Soy and/or Canola Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Dough Conditioners (contains one or more of the following: sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, calcium peroxide, calcium sulfate, L-cysteine, enzymes), Yeast Nutrients (contains one or more of the following: ammonium sulfate, tricalcium phosphate, ammonium chloride), Modified Food Starch, Natural and Artificial Flavors, Wheat Starch, Maltodextrin, Gum Arabic, Calcium Carbonate, Calcium Propionate (preservative). Topped with Yellow Corn Meal. CONTAINS: WHEAT.

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

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

Caffeine Free Barq's Root Beer: High Fructose Corn Syrup, Water, Caramel Color, Sodium Benzoate (to protect taste), Citric Acid, Artificial and Natural Flavors, Acacia.

Caffeine Free Diet Coke®: Water, Caramel Color, Phosphoric Acid, Potassium Benzoate and Potassium Sorbate (to protect taste), Sodium Saccharin, Natural Flavors, Citric Acid, Aspartame, Potassium Citrate, Dimethylpolysiloxane. Phenylketonurics: contains Phenylalanine.

Cheddar Cheese Sauce: Water, Cheddar Cheese (cheddar cheese [milk, salt, cheese cultures, enzymes], whey, buttermilk, salt, disodium phosphate, artificial color [yellow 5 and 6]) Modified Food Starch, Whey, Corn Syrup Solids, Partially Hydrogenated Coconut Oil, Natural Flavor, Salt, Lactic Acid, Tricalcium Phosphate, Sodium Alginate, Yeast Extract, Sodium Caseinate (milk derivative), Calcium Gluconate, Xanthan gum, Disodium Inosinate, Dipotassium Phosphate, Sodium Tripolyphosphate, Garlic, Monoglycerides, Soy Lecithin, DATEM, Sodium Silicoaluminate (anti-caking agent), Artificial Color (yellow 5 and 6). CONTAINS: MILK, SOY.

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

Cherry Coke®: High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Chili: Ground Beef, Chili Base (tomatoes, salt, citric acid, calcium chloride), Chili Seasoning (sugar, salt, modified corn starch, chili pepper, onion powder, spices, dex-

trose, garlic powder, citric acid, disodium inosinate & guanylate, xanthan gum, autolyzed yeast extract, soybean oil, caramel color, extractives of paprika, malic acid, red 40, natural and artificial flavor, silicon dioxide [anticaking agent]), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride, disodium EDTA (to protect taste)), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride), Vegetable Mix (onions, celery, green peppers).

Chocolate Sauce: High Fructose Corn Syrup, Water, Cocoa, Sugar, Modified Food Starch, Salt, Potassium Sorbate (preservative), Artificial Flavor, Cellulose Gum.

Classic Ranch Dressing: Buttermilk, Soybean Oil, Water, Distilled Vinegar, Egg Yolk, Sugar, Salt, Modified Corn Starch, Garlic (dehydrated), Autolyzed Yeast Extract, Xanthan Gum, Onion (dehydrated), Spices, Natural Flavors, Lactic Acid. CONTAINS: EGG, MILK.

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

Coffee Toffee Pieces: Chocolate Flavored Coating (sugar, fractionated palm kernel oil, cocoa [processed with alkali], soy lecithin, vanilla), Toffee (sugar, butter [cream, salt], corn syrup, fractionated palm kernel oil, instant coffee, soy lecithin, salt, caramel color, natural and artificial flavor). Manufactured in a facility that processes or uses peanuts & tree nuts. CONTAINS: MILK, SOY.

Coffee Toffee Twisted Frosty™, Chocolate: Chocolate Frosty (milk, sugar, corn syrup, whey, nonfat dry milk, cocoa [processed with alkali], guar gum, mono and diglycerides, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, artificial and natural flavoring, vitamin A palmitate), Coffee Syrup (water, high fructose corn syrup, propylene glycol, caramel color, cocoa powder [processed with alkali], natural flavoring, potassium sorbate [preservative], instant coffee, citric acid, xanthan gum) CONTAINS: MILK.

Coffee Toffee Twisted Frosty, Vanilla: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Coffee Syrup (water, high fructose corn syrup, propylene glycol, caramel color, cocoa powder [processed with alkali], natural flavoring, potassium sorbate [preservative], instant coffee, citric acid, xanthan gum. CONTAINS: MILK.

Coke Zero™: Water, Caramel Color, Phosphoric Acid, Potassium Citrate, Aspartame, Potassium Benzoate (to protect taste), Natural Flavors, Acesulfame Potassium, Caffeine, Dimethylpolysiloxane. Phenylketonurics: contains phenylalanine.

Coffee Creamer: Milk, Cream, Disodium Phosphate, Sodium Citrate, Carrageenan. May contain Light Cream, Skim Milk. CONTAINS: MILK.

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

Crispy Chicken Patty: Chicken Breast, Water, Salt, Sodium Phosphates. Breaded With: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor, Lactic Acid. Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Note: May be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, Homestyle Chicken Breast Fillet. CONTAINS: WHEAT.

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

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

Diet Coke®: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane. Phenylketonurics: contains phenylalanine.

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

Dr Pepper®: Carbonated Water, High Fructose Corn Syrup and/or Sugar, Caramel Color, Phosphoric Acid, Artificial and Natural Flavors, Sodium Benzoate (preservative), Caffeine.

Fanta® Grape: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Potassium Citrate, Sodium Benzoate (to protect taste), Red 40, Blue 1.

Fanta Punch: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Sodium Benzoate (to protect taste), Acacia, Glycerol Ester of Rosin, Sodium Citrate, Red 40, Gum Tragacanth.

Fanta Orange: High Fructose Corn Syrup, Water, Citric Acid, Sodium Benzoate (to protect taste), Natural Flavors, Modified Food Starch, Sodium Polyphosphates, Glycerol Ester of Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

Fanta Strawberry Fountain: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Sodium Benzoate (to protect taste), Red 40.

Fat Free French Style Dressing: Water, Honey, Sugar, Distilled Vinegar, Corn Syrup, Tomato Paste, Cider Vinegar, Modified Corn Starch, Salt, Mustard Seed, Microcrystalline Cellulose, Onion (dehydrated), Garlic (dehydrated), Xanthan Gum, Oleoresin Paprika, Spices, Lemon Juice Concentrate, Cellulose Gum, Natural Flavors.

This nutrition information is current as of December 2009.



Nutrition Information

French Fries: Potatoes, Vegetable Oil (contains one or more of the following: soy, canola, cottonseed, partially hydrogenated soy and/or cottonseed), Sodium Acid Pyrophosphate (to protect color), Dextrose. Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Note: may be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, Crispy Chicken Patty, Boneless Wings and Spicy Chicken Nuggets. Seasoned with Salt.

Frosty™-cino: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Coffee Syrup (water, high fructose corn syrup, propylene glycol, caramel color, cocoa powder [processed with alkali]), natural flavoring, potassium sorbate [preservative], instant coffee, citric acid, xanthan gum). CONTAINS: MILK.

Frosty, Chocolate: Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavoring, Vitamin A Palmitate. CONTAINS: MILK.

Frosty, Vanilla: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Dry Milk, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Dextrose, Annatto Color, Vitamin A Palmitate. CONTAINS: MILK.

Frosty Shake, Chocolate Fudge: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Chocolate Shake Syrup (water, high fructose corn syrup, corn syrup, natural chocolate fudge flavor [cocoa powder [processed with alkali]], natural flavoring, citric acid), glucono delta lactone, xanthan gum, potassium sorbate [preservative], natural flavor). CONTAINS: MILK.

Frosty Shake, Strawberry: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Strawberry Shake Syrup (water, high fructose corn syrup, sweetened strawberries [strawberries, sugar], corn syrup, natural flavor, citric acid, xanthan gum, potassium sorbate [preservative], red 40, blue 1). CONTAINS: MILK.

Frosty Shake, Vanilla Bean: Vanilla Frosty (milk, sugar, corn syrup, cream, whey, nonfat dry milk, guar gum, mono and diglycerides, natural and artificial flavor, cellulose gum, carrageenan, calcium sulfate, disodium phosphate, dextrose, annatto color, vitamin A palmitate), Vanilla Shake Syrup (water, high fructose corn syrup, corn syrup, xanthan gum, potassium sorbate [preservative], natural and artificial flavors, citric acid). CONTAINS: MILK.

Hamburger Patty: Ground Beef. Seasoned with Salt.

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

Hi-C® Flashin' Fruit Punch: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Ascorbic Acid (vitamin C), Sodium Benzoate (to protect taste), Modified Food Starch, Red 40, Glycerol Ester of Wood Rosin, Brominated Vegetable Oil.

Hi-C Orange Lavaburst: High Fructose Corn Syrup, Water, Citric Acid, Ascorbic Acid (vitamin C), Potassium Benzoate (to protect taste), Modified Food Starch, Natural Flavors, Glycerol Ester of Wood Rosin, Yellow 6, Brominated Vegetable Oil, Red 40.

Hi-C Poppin' Pink Lemonade: High Fructose Corn Syrup, Water, Citric Acid, Sodium Citrate, Ascorbic Acid (vitamin C), Potassium Benzoate (to protect taste), Modified Food Starch, Glycerol Ester of Wood Rosin, Natural and Artificial Flavors, Brominated Vegetable Oil, Red 40.

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

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

Honey BBQ Boneless Wings: Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor {from canola oil}, citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and breaded with: wheat flour, water, modified corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Honey BBQ Sauce (honey, water, high fructose corn syrup, tomato paste, distilled vinegar, modified corn starch, molasses, contains less than 2% of: Worcestershire sauce, corn syrup, sugar, salt, natural smoke flavor, potassium sorbate and sodium benzoate [preservatives], spices, paprika, onion [dehydrated], garlic [dehydrated], turmeric). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Note: May be cooked in the same oil as Crispy Chicken Nuggets, Fish Fillets (where available) and Spicy Chicken Nuggets. CONTAINS: WHEAT.

TAINS: WHEAT.

Honey Dijon Dressing: Soybean Oil, Water, Sugar, Distilled Vinegar, Honey, Egg Yolk, Mustard Seed, Salt, Natural Flavors, White Wine, Spices, Xanthan Gum, Citric Acid, Tartaric Acid, Annatto Color, Oleoresin Turmeric, Oleoresin Paprika, Turmeric, Soy Lecithin. CONTAINS: EGG, SOY.

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

Honey Mustard Sauce: Soybean Oil, Honey, Water, Dijon Mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Sugar, Distilled Vinegar, Egg Yolk, Salt, Mustard Seed, Egg White, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Titanium Dioxide, Spice, Garlic (dehydrated), Onion (dehydrated), Natural Flavor, Lemon Juice from Concentrate, Calcium Disodium EDTA (to protect taste). CONTAINS: EGG.

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

Italian Vinaigrette Dressing: Water, Soybean Oil, White Wine Vinegar, Sugar, Distilled Vinegar, Garlic (including dehydrated), Modified Corn Starch, Salt, Mustard Seed, Spices, Xanthan Gum, Bell Peppers (dehydrated).

Ketchup: Tomato Concentrate (made from red ripe tomatoes), Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Light Classic Ranch Dressing: Buttermilk, Water, Soybean Oil, Distilled Vinegar, Egg Yolk, Modified Corn Starch, Salt, Sugar, Cultured Whey, Garlic (dehydrated), Xanthan Gum, Spices, Natural Flavor, Lactic Acid, Onion (dehydrated), Lemon Juice Concentrate, Mustard Seed. CONTAINS: EGG, MILK.

Mandarin Oranges: Mandarin Orange Segments, Water, Sugar.

Maraschino Cherries: Cherries, High Fructose Corn Syrup, Water, Potassium Sorbate (preservative), Sodium Benzoate (preservative), Citric Acid, Artificial Flavor, Red #40, Sulphur Dioxide (preservative).

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

M&M's® Candy Crumbles: Milk Chocolate (sugar, chocolate, skim milk, cocoa butter, lactose, soy lecithin, salt, artificial flavors), Sugar, Cornstarch, Less than 1% of Corn Syrup, Dextrin, Coloring (includes blue 1 lake, red 40 lake, yellow 6, yellow 5, red 40, blue 1, blue 2 lake, yellow 6 lake, yellow 5 lake, blue 2), Gum Acacia. Manufactured in a facility that processes peanuts. CONTAINS: MILK, SOY.

Mello Yello®: High Fructose Corn Syrup, Water, Concentrated Orange Juice, Citric Acid, Natural Flavors, Sodium Benzoate and EDTA (to protect taste), Potassium Citrate, Caffeine, Yellow 5, Carob Bean Gum, Dimethylpolysiloxane.

Minute Maid® Lemonade: High Fructose Corn Syrup, Water, Citric Acid, Sodium Citrate, Potassium Benzoate (to protect taste), Modified Food Starch, Glycerol Ester of Wood Resin, Natural and Artificial Flavors, Brominated Vegetable Oil, Yellow 5.

Minute Maid Light Lemonade: Pure Filtered Water, Lemon Juice from Concentrate, Less than 0.5% of each: Natural Flavors, Citric Acid (provides tartness), Potassium Citrate (regulates tartness), Modified Cornstarch, Glycerol Ester of Wood Rosin, Sodium Benzoate and Potassium Sorbate and EDTA (to protect taste), Aspartame, Acesulfame Potassium, Yellow 5. Phenylketonurics: contains phenylalanine.

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

Natural Swiss Cheese: Cultured Part-Skim Milk, Salt, Enzymes. CONTAINS: MILK.

Nestea® Lemon Sweetened Iced Tea: Water, High Fructose Corn Syrup, Citric Acid, Natural Tea Concentrate from Tea Leaves, Potassium Citrate, Sodium Benzoate (to protect taste), Natural Lemon Flavor.

Nestea Raspberry Iced Tea: High Fructose Corn Syrup, Water, Citric Acid, Concentrated Tea from Tea Leaves, Natural Flavors, Potassium Citrate, Sodium Benzoate (to protect taste).

Nestea Sweetened Iced Tea: Water, High Fructose Corn Syrup, Natural and Artificial Flavors, Concentrated Tea from Tea Leaves, Sodium Benzoate and Potassium Sorbate (to protect taste), Phosphoric Acid.

Nestea Unsweetened Iced Tea: Water, Natural and Artificial Flavors, Natural Tea Concentrate from Tea Leaves, Sodium Benzoate and Potassium Sorbate (to protect taste), Phosphoric Acid.

Nestle® Toll House® Cookie Dough with Chocolate Flakes: Cookie Dough (wheat flour, sugar, water, butter, soybean oil, semi-sweet chocolate [sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin [artificial flavor], natural flavor], molasses, less than 2% of salt, vanilla extract [vanilla bean extractives, water, alcohol, invert syrup and propylene glycol], soy lecithin, baking soda). Chocolate Flakes (sugar, palm kernel and palm oils, cocoa [processed with alkali], chocolate liquor, soy lecithin). Manufactured in a facility that processes peanuts & tree nuts. CONTAINS: MILK, SOY, WHEAT.

Nesquik® Low Fat Chocolate Milk: Low Fat Milk (vitamin A palmitate and vitamin D3 added), Sugar, Contains less than 2% of: Cocoa (processed with alkali), Calcium Carbonate, Cellulose Gel, Natural and Artificial Flavors, Salt, Carrageenan, Cellulose Gum. CONTAINS: MILK.

Nesquik Low Fat White Milk: Low Fat Milk (vitamin A palmitate and vitamin D3 added), Calcium Carbonate, Potassium Citrate, Carrageenan. CONATINS: MILK.

Non-nutritive Sweetener: See individual packet.

This nutrition information is current as of December 2009.



Nutrition Information

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

Oriental Sesame Dressing: Water, Sugar, Soybean Oil, Soy Sauce (water, wheat, soybeans, salt), Distilled Vinegar, Corn Syrup, Brown Sugar, Sesame Seed Oil, Pineapple Juice Concentrate, Rice Vinegar, Sesame Seeds, Modified Corn Starch, Mustard Seed, Natural Flavor, Ginger, Xanthan Gum, Spices, Garlic (dehydrated), Salt, Citric Acid. CONTAINS: WHEAT, SOY.

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

Pibb Xtra®: High Fructose Corn Syrup, Water, Caramel Color, Natural and Artificial Flavors, Phosphoric Acid, Sodium Benzoate (to protect taste), Caffeine, Monosodium Phosphate, Lactic Acid, Dimethylpolysiloxane.

POWERade® Fruit Punch: Water, High Fructose Corn Syrup, Citric Acid, Salt, Natural Flavors, Potassium Citrate, Potassium Benzoate and Potassium Sorbate (to protect taste), Modified Food Starch, Red 40, Potassium Phosphate, Glycerol Ester of Rosin, Guar Gum, Coconut Oil, Brominated Vegetable Oil, Niacinamide, Pyridoxine Hydrochloride (B6), Cyanocobalamin (B12).

POWERade Mountain Blast: Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Salt, Potassium Citrate, Potassium Benzoate and Potassium Sorbate (to protect taste), Modified Food Starch, Coconut Oil, Potassium Phosphate, Sucrose Acetate Isobutyrate, Niacinamide, Blue 1, Pyridoxine Hydrochloride (B6), Cyanocobalamin (B12).

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

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

Roasted Almonds: Almonds, Salt. May contain traces of peanuts and other nuts. CONTAINS: TREE NUTS.

Saltines: Enriched Flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Soybean Oil (contains TBHQ), Salt, Contains 2% or less of: Corn Syrup, Leavening (baking soda, yeast), Soy Lecithin. CONTAINS: WHEAT, SOY.

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

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

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

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

Sprite Zero™: Water, Citric Acid, Natural Flavors, Potassium Citrate, Sodium Saccharin, Potassium Benzoate (to protect taste), Aspartame, Dimethylpolysiloxane. Phenylketonurics: contains phenylalanine.

Supreme Caesar Dressing: Soybean Oil, Water, Parmesan and Romano Cheese (part skim milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Egg Yolk, Extra Virgin Olive Oil, Lemon Juice Concentrate, Salt, Sugar, Garlic (dehydrated), Mustard Seed, Spices, Autolyzed Yeast Extract, Anchovies, Xanthan Gum, Distilled Vinegar, Molasses, Corn Syrup, Caramel Color, Tamarind, Natural Flavor. CONTAINS: EGG, MILK, FISH (anchovies).

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

Sweet & Spicy Asian Boneless Wings: Boneless Wings (chicken breast, water, chicken flavor [salt, flavor, autolyzed yeast extract, maltodextrin, chicken flavor, chicken, gum arabic, sunflower oil, sugar, silicon dioxide, lactic acid, canola oil, modified corn starch, grill flavor {from canola oil}, citric acid, trisodium phosphate], modified food starch, sodium phosphates. Battered and breaded with: wheat flour, water, modified

corn starch, salt, sugar, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], spice, onion powder, garlic powder, dextrose, autolyzed yeast, natural and artificial flavor, extractives of paprika), Sweet & Spicy Asian Sauce (water, sugar, chili garlic sauce [salted chili peppers, garlic, sugar, rice vinegar, acetic acid], distilled vinegar, modified corn starch, salt, contains less than 2% of: spices, onion [dehydrated]), potassium sorbate and sodium benzoate [preservatives], garlic [dehydrated]). Cooked in Soy, Corn, Cottonseed, & Hydrogenated Soy Oil. Note: May be cooked in the same oil as Crispy Chicken Nuggets, Fish Fillets (where available) and Spicy Chicken Nuggets. CONTAINS: WHEAT.

Sweet Tea: Water, Tea, Sugar.

Thousand Island Dressing: Soybean Oil, Sweet Relish (cucumbers, sugar, vinegar, salt, xanthan gum, natural flavors), Water, Sugar, Egg Yolk, Tomato Paste, Distilled Vinegar, Salt, Onion (dehydrated), Celery Seed, Natural Flavors, Xanthan Gum, Vegetable Juice (added for color), Garlic (dehydrated). CONTAINS: EGG.

Tortilla: Bleached Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Soybean Oil, Hydrogenated Vegetable Oil (contains one or more of the following: cottonseed oil, soybean oil), Mono and Diglycerides, Potato Starch with Monoglycerides, Contains 2% or less of the following: Salt, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Fumaric Acid, Sodium Bicarbonate, Dough Conditioner (wheat flour, calcium sulphate, sorbic acid, L-Cysteine hydrochloride), Sodium Propionate and Potassium Sorbate (preservatives). CONTAINS: WHEAT.

Ultimate Chicken Grill Fillet: Chicken Breast, Water, Seasoning (salt, natural flavors, corn maltodextrin, autolyzed yeast extract, modified corn starch, onion powder, paprika, spice, garlic powder, sugar, disodium idosinate, disodium guanylate, dextrose, artificial flavors), Modified Corn Starch, Sodium Phosphates.

Vault™: High Fructose Corn Syrup, Water, Citric Acid, Natural and Artificial Flavors, Orange Juice (from concentrate), Sodium Benzoate and EDTA (to protect taste), Potassium Citrate, Caffeine, Sucralose, Yellow 5, Carob Bean Gum, Dimethylpolysiloxane.

Whipped Cream: Cream, Milk, Corn Syrup, Sugar, Dextrose, Contains 2% or less of the following: Mono and Diglycerides, Natural and Artificial Flavors, Sorbitan Monostearate, Carrageenan, Mixed Tocopherols (vitamin E [to protect flavor]), Nitrous Oxide (propellant). CONTAINS: MILK.

Nutrition and ingredient information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. This information is effective as of December 2009.

Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods cooked in common oil have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.

We encourage anyone with food allergies, sensitivities, or special dietary needs to check our website at www.wendys.com on a regular basis to obtain the most comprehensive and up-to-date information.

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

**Wendy's International, Inc.
Consumer Relations Department
One Dave Thomas Boulevard
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This nutrition information is current as of December 2009.