



# NUTRITIONAL GUIDE

## JUMBO WINGS

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (kcal)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Plain	2 Count	8	0	1	140	15	66	1	76	2	0	69
Atomic	2 Count	9	0	2	144	15	97	1	77	2	0	69
Mango Habanero	2 Count	8	3	6	160	15	143	0	76	2	0	69
Cajun	2 Count	8	0	1	142	15	270	1	76	2	0	69
Original Hot	2 Count	9	0	1	142	15	458	1	77	2	0	69
Mild	2 Count	13	0	1	184	15	243	1	120	3	0	69
Hickory Smoked BBQ (Ken's)	2 Count	8	7	8	170	15	325	1	76	2	0	69
Hickory Smoked BBQ (Renfro)	2 Count	8	6	8	170	15	280	1	76	2	0	69
Garlic Parmesan	2 Count	15	0	1	204	16	140	1	137	4	< .2	71
Hawaiian (Ken's)	2 Count	8	3	5	156	15	126	1	76	2	0	69
Hawaiian (Renfro's)	2 Count	8	3	4	156	15	146	1	76	2	0	69
Lemon Pepper	2 Count	13	0	1	180	15	202	1	115	3	0	69
Louisiana Rub	2 Count	12	0	1	170	15	194	1	105	3	0	69
Teriyaki (Ken's)	2 Count	8	4	6	160	16	323	1	76	2	0	69
Teriyaki (Renfro)	2 Count	8	3	5	160	16	490	1	76	2	0	69

## BONELESS WINGS

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (kcal)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Plain	2 Count	8	0	14	166	9	632	1	73	2	0	24
Atomic	2 Count	8	1	15	172	9	673	1	75	2	0	24
Mango Habanero	2 Count	8	4	20	190	9	724	1	74	2	0	24
Cajun	2 Count	8	0	14	168	9	946	1	74	2	0	24
Original Hot	2 Count	8	0	14	168	9	1039	1	74	2	0	24
Mild	2 Count	14	0	14	220	9	834	1	123	3	0	24
Hickory Smoked BBQ (Ken's)	2 Count	8	8	22	200	9	919	1	74	2	0	24
Hickory Smoked BBQ (Renfro)	2 Count	8	7	22	200	9	869	1	74	2	0	24
Garlic Parmesan	2 Count	14	0	14	220	10	695	1	127	3	< .2	26
Hawaiian (Ken's)	2 Count	8	4	19	184	9	704	1	74	2	0	24
Hawaiian (Renfro's)	2 Count	8	4	18	184	9	727	1	74	2	0	24
Lemon Pepper	2 Count	13	0	14	210	9	786	1	118	2	0	24
Louisiana Rub	2 Count	11	0	14	196	9	759	1	102	2	0	24
Teriyaki (Ken's)	2 Count	8	4	19	188	9	884	1	74	2	0	24
Teriyaki (Renfro)	2 Count	8	3	18	188	9	1049	1	74	2	0	24

\*Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary. Value of 0 on Sugars is based on an MDL of 387 mg/serving. Beverages will vary upon amount of ice in a serving.

# CRISPY TENDERS

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (kcal)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Plain	2 Count	9	0	16	224	19	840	1	83	2	0	47
Atomic	2 Count	10	1	19	236	20	929	2	86	2	0	47
Mango Habanero	2 Count	9	8	27	268	20	1021	1	84	2	0	47
Cajun	2 Count	9	0	16	229	20	1550	1	85	2	0	47
Original Hot	2 Count	9	0	16	228	20	1459	1	85	2	0	47
Mild	2 Count	22	0	16	341	19	1309	1	199	4	0	47
Hickory Smoked BBQ (Ken's)	2 Count	9	14	30	284	20	1335	1	84	2	0	47
Hickory Smoked BBQ (Renfro)	2 Count	9	11	29	276	20	1249	2	84	2	0	47
Garlic Parmesan	2 Count	25	0	16	374	20	967	1	229	5	< .2	48
Hawaiian (Ken's)	2 Count	9	7	26	259	20	981	1	83	2	0	47
Hawaiian (Renfro's)	2 Count	9	7	24	255	20	1027	1	83	2	0	47
Lemon Pepper	2 Count	20	0	16	324	19	1179	1	182	4	0	47
Louisiana Rub	2 Count	24	0	17	361	20	1144	2	216	4	0	47
Teriyaki (Ken's)	2 Count	9	9	26	266	20	1361	1	83	2	0	47
Teriyaki (Renfro)	2 Count	9	6	24	259	20	1702	1	83	2	0	47

# SIDES

Description of Product	Serving Size*	Fat (g)	Sugars (g)	Carbs (g)	Calories (kcal)	Protein (g)	Sodium (mg)	Fiber (g)	Calories from Fat (kcal)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)
Coleslaw	6 oz cup	11	20	24	197	1	320	2	98	2	0	7
Potato Salad	6 oz cup	15	5	30	272	5	362	2	137	3	0	79
Bourbon Baked Beans	6 oz cup	3	28	52	281	8	874	7	29	1	0	0
Veggie Sticks (celery)	4 sticks	0	1	1	5	0	26	0	1	0	0	0
Veggie Sticks (carrot)	4 sticks	0	2	4	17	0	19	1	0	0	0	0
Ranch	3.25 oz cup	33	1	2	313	1	518	0	301	5	0	26
Blue Cheese	3.25 oz cup	32	1	3	312	3	543	0	291	7	0	33
Honey Mustard	3.25 oz cup	33	17	18	367	0	682	0	297	5	0	30
Hot Cheddar Cheese Sauce	3.25 oz cup	8	4	11	122	1	804	0	74	4	0	4
Yeast Rolls	1 roll	2	5	25	135	5	163	1	16	0	0	3
Seasoned Fries	18oz/11oz ckd	34	7	102	760	13	624	15	302	7	0	0
	10oz/6oz ckd	18	4	55	410	7	337	8	163	4	0	0

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