



# NUTRITIONAL GUIDE

## REGULAR 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	6	0	0	100	12	42	0	53	2	0	60
Atomic	2 Count	6	0	1	104	12	72	0	54	2	0	60
Mango Habanero	2 Count	6	3	5	120	12	119	0	54	2	0	60
Cajun	2 Count	6	0	0	102	12	246	0	54	2	0	60
Original Hot	2 Count	6	0	0	102	12	433	0	54	2	0	60
Mild	2 Count	11	0	0	145	12	219	0	97	3	0	60
Hickory Smoked BBQ (Ken's)	2 Count	6	7	8	130	12	300	0	54	2	0	60
Hickory Smoked BBQ (Renfro)	2 Count	6	6	7	130	12	256	0	54	2	0	60
Garlic Parmesan	2 Count	13	0	0	165	13	114	0	113	3	< .2	62
Hawaiian (Ken's)	2 Count	6	3	4	116	12	102	0	53	2	0	60
Hawaiian (Renfro's)	2 Count	6	3	3	116	12	121	0	53	2	0	60
Lemon Pepper	2 Count	10	0	0	140	12	177	0	93	2	0	60
Louisiana Rub	2 Count	9	0	0	130	12	168	0	82	2	0	60
Teriyaki (Ken's)	2 Count	6	4	5	120	12	298	0	53	2	0	60
Teriyaki (Renfro)	2 Count	6	3	4	120	12	466	0	53	2	0	60

## 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	1	11	160	11	579	1	72	2	0	22
Atomic	2 Count	8	1	13	166	11	620	1	73	2	0	22
Mango Habanero	2 Count	8	4	17	180	11	671	1	72	2	0	22
Cajun	2 Count	8	1	12	160	11	893	1	73	2	0	22
Original Hot	2 Count	8	1	12	162	11	985	1	73	2	0	22
Mild	2 Count	14	1	11	200	11	780	1	122	3	0	22
Hickory Smoked BBQ (Ken's)	2 Count	8	8	20	196	11	865	1	72	2	0	22
Hickory Smoked BBQ (Renfro)	2 Count	8	7	19	196	11	816	1	72	2	0	22
Garlic Parmesan	2 Count	14	1	12	200	12	641	1	124	3	< .2	24
Hawaiian (Ken's)	2 Count	8	4	16	180	11	650	1	72	2	0	22
Hawaiian (Renfro's)	2 Count	8	4	15	180	11	674	1	72	2	0	22
Lemon Pepper	2 Count	13	1	11	196	11	732	1	116	3	0	22
Louisiana Rub	2 Count	11	1	12	190	11	704	1	100	2	0	22
Teriyaki (Ken's)	2 Count	8	5	16	180	11	831	1	72	2	0	22
Teriyaki (Renfro)	2 Count	8	3	15	180	11	995	1	72	2	0	22

\*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	4	0
	10oz/6oz ckd	18	4	55	410	7	337	8	163	4	2	0

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