



# 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            | 1             | 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            | 1             | 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            | 1             | 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            | 1             | 24               |
| Atomic                      | 2 Count       | 8       | 1          | 15        | 172             | 9           | 673         | 1         | 75                       | 2            | 1             | 24               |
| Mango Habanero              | 2 Count       | 8       | 4          | 20        | 190             | 9           | 724         | 1         | 74                       | 2            | 1             | 24               |
| Cajun                       | 2 Count       | 8       | 0          | 14        | 168             | 9           | 946         | 1         | 74                       | 2            | 1             | 24               |
| Original Hot                | 2 Count       | 8       | 0          | 14        | 168             | 9           | 1039        | 1         | 74                       | 2            | 1             | 24               |
| Mild                        | 2 Count       | 14      | 0          | 14        | 220             | 9           | 834         | 1         | 123                      | 3            | 1             | 24               |
| Hickory Smoked BBQ (Ken's)  | 2 Count       | 8       | 8          | 22        | 200             | 9           | 919         | 1         | 74                       | 2            | 1             | 24               |
| Hickory Smoked BBQ (Renfro) | 2 Count       | 8       | 7          | 22        | 200             | 9           | 869         | 1         | 74                       | 2            | 1             | 24               |
| Garlic Parmesan             | 2 Count       | 14      | 0          | 14        | 220             | 10          | 695         | 1         | 127                      | 3            | 1             | 26               |
| Hawaiian (Ken's)            | 2 Count       | 8       | 4          | 19        | 184             | 9           | 704         | 1         | 74                       | 2            | 1             | 24               |
| Hawaiian (Renfro's)         | 2 Count       | 8       | 4          | 18        | 184             | 9           | 727         | 1         | 74                       | 2            | 1             | 24               |
| Lemon Pepper                | 2 Count       | 13      | 0          | 14        | 210             | 9           | 786         | 1         | 118                      | 2            | 1             | 24               |
| Louisiana Rub               | 2 Count       | 11      | 0          | 14        | 196             | 9           | 759         | 1         | 102                      | 2            | 1             | 24               |
| Teriyaki (Ken's)            | 2 Count       | 8       | 4          | 19        | 188             | 9           | 884         | 1         | 74                       | 2            | 1             | 24               |
| Teriyaki (Renfro)           | 2 Count       | 8       | 3          | 18        | 188             | 9           | 1049        | 1         | 74                       | 2            | 1             | 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            | 1             | 47               |
| Atomic                      | 2 Count       | 10      | 1          | 19        | 236             | 20          | 929         | 2         | 86                       | 2            | 1             | 47               |
| Mango Habanero              | 2 Count       | 9       | 8          | 27        | 268             | 20          | 1021        | 1         | 84                       | 2            | 1             | 47               |
| Cajun                       | 2 Count       | 9       | 0          | 16        | 229             | 20          | 1550        | 1         | 85                       | 2            | 1             | 47               |
| Original Hot                | 2 Count       | 9       | 0          | 16        | 228             | 20          | 1459        | 1         | 85                       | 2            | 1             | 47               |
| Mild                        | 2 Count       | 22      | 0          | 16        | 341             | 19          | 1309        | 1         | 199                      | 4            | 2             | 47               |
| Hickory Smoked BBQ (Ken's)  | 2 Count       | 9       | 14         | 30        | 284             | 20          | 1335        | 1         | 84                       | 2            | 1             | 47               |
| Hickory Smoked BBQ (Renfro) | 2 Count       | 9       | 11         | 29        | 276             | 20          | 1249        | 2         | 84                       | 2            | 1             | 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            | 1             | 47               |
| Hawaiian (Renfro's)         | 2 Count       | 9       | 7          | 24        | 255             | 20          | 1027        | 1         | 83                       | 2            | 1             | 47               |
| Lemon Pepper                | 2 Count       | 20      | 0          | 16        | 324             | 19          | 1179        | 1         | 182                      | 4            | 2             | 47               |
| Louisiana Rub               | 2 Count       | 24      | 0          | 17        | 361             | 20          | 1144        | 2         | 216                      | 4            | 2             | 47               |
| Teriyaki (Ken's)            | 2 Count       | 9       | 9          | 26        | 266             | 20          | 1361        | 1         | 83                       | 2            | 1             | 47               |
| Teriyaki (Renfro)           | 2 Count       | 9       | 6          | 24        | 259             | 20          | 1702        | 1         | 83                       | 2            | 1             | 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                |

\*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.