



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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