

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gr)	Cholesterol (mg)	Sodium (mg)	Dietary fiber (gm)
Items								
Jr. Hamburger	1 item	280	9	4	0.5	30	600	1
Jr. Cheeseburger	1 item	320	13	6	0.5	40	810	1
Jr. Cheeseburger Deluxe	1 item	360	16	6	0.5	45	880	2
Jr. Bacon Cheeseburger	1 item	380	18	7	0.5	55	810	2
Hamburger (Kid's Meal)	1 item	270	9	4	0.5	30	600	1
Cheeseburger (Kid's Meal)	1 item	320	13	6	0.5	40	810	1
Classic Single w/ everything	1 item	430	20	7	1	65	890	2
Big Bacon Classic	1 item	580	29	12	1.5	95	1390	3
Ultimate Chicken Grill item	1 item	360	7	2	0	75	1090	2
Spicy Chicken Fillet item	1 item	510	19	4	0	55	1480	2
Homestyle Chicken Fillet	1 item	540	22	4	0	55	1320	2
Garden Sensations Salads & Fresh Fruit								
Creamy Ranch Dressing	2.25 oz.	230	23	4	0	15	580	0
Spring Mix Salad w/o dressing or toppings	1 salad	180	11	6	0	30	220	5
Honey Roasted Pecans	.75 oz.	130	13	2	0	0	65	2
House Vinaigrette Dressing	2.25 oz.	190	18	3	0	0	750	0
Chicken BLT Salad w/o dressing or toppings	1 salad	330	18	9	0	105	840	4
Homestyle Garlic Croutons	.5 oz.	70	3	0	0	0	125	0
Honey Mustard Dressing	2.25 oz.	280	26	4	0	25	350	0
Mandarin Chicken Salad w/o dressing or toppings	1 salad	170	2	1	0	60	480	4
Crispy Noodles	.5 oz.	60	2	0	0	0	170	0
Roasted Almonds	.75 oz.	130	11	1	0	0	70	2
Oriental Sesame Dressing	2.25 oz.	190	11	2	0	0	490	0
Southwest Taco Salad w/o salsa/sour cream/chips	1 salad	440	22	12	1	80	1100	9
Salsa	3 oz.	30	0	0	0	0	440	0
Sour Cream	1 oz.	60	5	4	0	20	20	0
Taco Chips	1.5 oz.	210	9	2	3	0	240	2
Fresh Fruit Bowl w/ yogurt	1 bowl	130	1	0	0	0	35	3
Low-Fat Strawberry Flavored Yogurt	3 oz.	90	1	0	0	5	50	0
Side Salads								
Side Salad	1 salad	35	0	0	0	0	20	3
Caesar Side Salad	1 salad	70	5	2	0	15	150	2
Homestyle Garlic Croutons	.5 oz.	70	3	0	0	0	125	0
Caesar Dressing	1 oz.	150	16	3	0	20	240	0
Mandarin Orange Cup	5 oz.	80	0	0	0	0	15	1
Fresh Fruit Cup	5.5 oz.	60	0	0	0	0	10	1

Wendy's® Continued

	Serving	Calories	Total fat (gm)	Saturated fat (gm)	Trans fats (gm)	Cholesterol (mg)	Sodium (mg)	Dietary fiber (gm)
Lighter Salad Dressings								
Fat-Free French Dressing	2.25 oz.	80	0	0	0	0	210	0
Low-Fat Honey Mustard Dressing	2.25 oz.	110	3	0	0	0	340	0
Reduced-Fat Creamy Ranch	2.25 oz.	100	8	2	0	15	550	1
Baked Potatoes								
Plain	1 item	270	0	0	0	0	25	7
Sour Cream & Chives	1 item	340	6	4	0	10	40	7
Broccoli & Cheese	1 item	440	15	3	0	10	540	9
Bacon & Cheese	1 item	560	25	7	0	40	850	8
French Fries, Nuggets & Chili								
French Fries (Kid's Meal)	3.25 oz.	280	14	3	0.5	0	270	3
French Fries (medium)	5 oz.	440	21	4	0.5	0	430	5
Chili (small)	8 oz.	220	6	3	0	35	780	5
Chili (large)	12 oz.	330	9	4	0.5	55	1170	8
Homestyle Chicken Strips	3 items	440	22	8	0	70	1180	5
Deli Honey Mustard Sauce	1.25 oz.	170	16	3	0	15	210	0
Spicy Southwest Chipotle Sauce	1.25 oz.	140	13	2	0	20	170	0
Heartland Ranch Sauce	1.25 oz.	200	21	4	0	20	280	0
Chicken Nuggets (Kid's Meal)	4 item	180	11	3	0	25	390	0
Chicken Nuggets	5 item	220	14	3	0	35	490	0
Barbeque Sauce	1 oz.	40	0	0	0	0	160	0
Sweet & Sour Sauce	1 oz.	45	0	0	0	0	120	0
Honey Mustard Nugget Sauce	1 oz.	130	12	2	0	10	220	0
Beverages								
Frosty (small)	12 fl. oz.	330	8	5	0	35	150	0

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