



NUTRITION GUIDE

	Serving Size	Total Calories	Calories from Fat	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Sugars (G)	Dietary Fiber (G)	Protein (G)
BREAKFAST												
Homestyle Biscuit	1 Biscuit	240	110	12	7	0	0	790	29	2	2	4
Chicken, Egg & Cheese Biscuit	1 Sandwich	510	230	25	11	0	185	1770	37	3	1	31
Sausage, Egg & Cheese Biscuit	1 Sandwich	520	330	38	16	0	175	1320	30	3	0	14
Bacon, Egg & Cheese Biscuit	1 Sandwich	470	260	30	14	0	165	1540	31	4	0	18
Chicken Biscuit	1 Sandwich	400	160	18	8	0	50	1470	36	2	1	24
Sausage Biscuit	1 Sandwich	420	270	30	13	0	35	1020	29	2	0	8
Biscuit & Gravy	1 Biscuit + 2 oz. Gravy	310	150	17	9	0	5	1050	33	2	0	5
Honey Butter Biscuit	1 Biscuit	310	150	17	7	0	0	840	35	8	0	4
CHICKEN ONLY												
6 Tenders	6 Tenders	1140	340	38	8	0.5	310	5800	62	2	6	138
4 Tenders	4 Tenders	760	225	25.5	5.5	0.5	205	3870	41	1	4	92
3 Tenders	3 Tenders	570	170	19	4	0	155	2900	31	0	3	69
Unsauced Chicken Bites	6-8 Chicken Bites	500	180	20	4	0	105	2670	30	0	1	49
Buffalo Chicken Bites	6-8 Chicken Bites	570	230	25	4	0	105	4790	35	0	1	49
Stingin' Honey Garlic Chicken Bites	6-8 Chicken Bites	660	180	20	4	0	105	3240	72	34	1	49
Breast	1 Breast	470	180	21	5	0	155	1070	28	0	2	49
Wing	1 Wing	250	140	16	4	0	60	690	9	0	0	17
Leg	1 Leg	150	70	8	2	0	50	320	9	0	0	11
Thigh	1 Thigh	410	280	31	8	0	90	1110	8	0	1	25
Tender	1 Tender	190	60	6	1	0	52	967	10	0	1	23
BBQ Sandwich Only	1 Sandwich	590	190	22	4.5	0	85	1750	56	17	2	40
Fried Chicken Sandwich Only	1 Sandwich	360	100	11	2.5	0	50	1130	40	6	2	25
6 Unsauced Party Wings	6 Party Wings	610	390	43	12	0	235	1890	19	0	0	37
10 Unsauced Party Wings	10 Party Wings	1020	650	72	20	0	390	3150	31	0	0	62
20 Unsauced Party Wings	20 Party Wings	2030	1300	144	40	0	775	6300	62	0	0	124
6 Buffalo Party Wings	6 Party Wings	660	430	47	12	0	235	3470	22	0	0	37
10 Buffalo Party Wings	10 Party Wings	1100	700	78	20	0	390	5780	37	0	0	62
20 Buffalo Party Wings	20 Party Wings	2210	1400	156	40	0	775	11570	74	0	0	124
6 Stingin' Honey Garlic Party Wings	6 Party Wings	730	390	43	12	0	235	2310	50	25	0	37
10 Stingin' Honey Garlic Party Wings	10 Party Wings	1220	650	72	20	0	390	3850	83	42	0	62
20 Stingin' Honey Garlic Party Wings	20 Party Wings	2450	1300	144	40	0	775	7710	166	83	0	124
6 Voodoo Shrimp	6 Shrimp	100	30	3	1	0	45	820	14	0	0	4
8 Voodoo Shrimp	8 Shrimp	140	40	4.5	1	0	60	1120	20	0	0	6
10 Voodoo Shrimp	10 Shrimp	180	55	6	1.5	0	75	1420	25	0	0	7
CHESTER'S SAUCES												
Chester's Sauce - 1.5 oz.	1 Sauce	180	160	18	3	0	15	590	5	4	0	0
Honey Mustard - 1.5 oz.	1 Sauce	200	160	18	3	0	15	220	11	10	0	0
Ranch - 1.5 oz.	1 Sauce	210	198	22	3.5	0	15	420	2	2	0	0
BBQ - 1.5 oz.	1 Sauce	70	0	0	0	0	0	450	18	15	1	0
Buffalo - 1.5 oz.	1 Sauce	40	20	2.5	0	0	0	1200	3	0	0	0
LIVERS & GIZZARDS												
Livers - Small	Half Pound	780	410	45	10	0	780	1230	45	0	0	45
Livers - Large	1 Pound	1560	820	91	19	0	1555	2460	91	0	0	91
Gizzards - Small	Half Pound	650	340	38	5	0	485	1400	43	0	0	43
Gizzards - Large	1 Pound	1300	680	76	11	0	970	2810	86	0	0	86
SIDES & MORE												
Frozen Wedge - Small	3 Wedges	310	160	18	3	0	0	740	31	0	2	3
Frozen Wedge - Large	12 Wedges	1240	650	73	12	0	0	2940	126	0	6	12
Green Beans - Small	3.25 oz.	60	10	1.5	0	0	5	390	6	3	2	2
Green Beans - Large	13 oz.	220	50	6	0	0	20	1550	26	11	7	7
Mashed Potatoes - Small	3.25 oz.	70	10	1.5	0.5	0	3	330	14	0	1	1
Mashed Potatoes - Large	13 oz.	290	45	5	2.5	0	15	1320	55	3	5	5
Gravy - Small	1 oz.	10	0	0	0	0	0	160	2	0	0	1
Gravy - Large	4 oz.	35	0	0	0	0	0	640	7	0	0	2
Mac & Cheese - Small	3.25 oz.	170	90	10	4	0	15	610	13	2	0	6
Mac & Cheese - Large	13 oz.	680	360	41	15	0	65	2450	54	9	2	23
Honey Butter Biscuit	1 Biscuit	310	150	17	7	0	0	840	35	8	0	4
Strawberry Cream Cheese Pie	1 Pie	360	220	25	9	0	10	260	30	9	1	3
Apple Pie	1 Pie	330	190	21	7	0	0	240	32	10	1	3
SIDES (by the pound)												
Frozen Wedges - Lb.	1 lb.	1230	640	72	12	0	0	2920	125	0	6	12
Fresh Wedges - Lb.	1 lb.	890	430	49	9	0	0	2000	95	4	9	12
Mac & Cheese - Lb.	1 lb.	830	440	50	19	0	80	3010	66	11	2	28
Green Beans - Lb.	1 lb.	270	60	7	0	0	25	1910	32	14	9	9
Gravy - Lb.	1 lb.	140	0	0	0	0	0	2540	27	0	0	9
Mashed Potatoes - Lb.	1 lb.	360	60	6	3	0	15	1620	68	3	6	6
INDIVIDUAL PIECES (by the pound)												
Breast - Lb.	1 Lb. Breast	1060	340	38	15	0	370	1910	59	0	4	117
Wing - Lb.	1 Lb. Wings	1330	770	86	20	0	390	1880	63	0	0	78
Leg - Lb.	1 Lb. Legs	840	470	52	10	0	355	1300	26	0	0	78
Thigh - Lb.	1 Lb. Thighs	1230	770	85	22	0	380	1950	44	0	3	72
Tender - Lb.	1 Lb. Tender	820	280	31	7	0	275	2130	27	0	0	110
BEVERAGES												
Coffee - Small	16 fl. oz.	5	0	0	0	0	0	10	0	0	0	0
Coffee - Large	32 fl. oz.	10	0	0	0	0	0	20	0	0	0	0
Coca-Cola - Small	16 fl. oz.	190	0	0	0	0	0	60	52	52	0	0
Coca-Cola - Medium	22 fl. oz.	260	0	0	0	0	0	85	72	72	0	0
Coca-Cola - Large	32 fl. oz.	370	0	0	0	0	0	120	104	104	0	0
Diet Coca-Cola - Small	16 fl. oz.	0	0	0	0	0	0	55	0	0	0	0
Diet Coca-Cola - Medium	22 fl. oz.	0	0	0	0	0	0	75	0	0	0	0
Diet Coca-Cola - Large	32 fl. oz.	0	0	0	0	0	0	105	0	0	0	0
Dr Pepper - Small	16 fl. oz.	200	0	0	0	0	0	80	53	51	0	0
Dr Pepper - Medium	22 fl. oz.	280	0	0	0	0	0	110	73	70	0	0
Dr Pepper - Large	32 fl. oz.	400	0	0	0	0	0	160	106	102	0	0
Sprite - Small	16 fl. oz.	190	0	0	0	0	0	85	51	51	0	0
Sprite - Medium	22 fl. oz.	260	0	0	0	0	0	120	70	70	0	0
Sprite - Large	32 fl. oz.	370	0	0	0	0	0	170	101	101	0	0