



NUTRITIONAL INFORMATION

Menu Items	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breast	136	357	211	23.39	8.9	.44	168	821	5.4	.14	.27	31.4
Wing	44	121	62	6.84	2.6	.19	59	443	1.9	.04	.09	13.1
Leg	59	158	96	10.7	3.9	.26	59	469	.1	.06	.12	15.4
Thigh	82	157	57	6.36	2.5	.18	45	475	1.7	.16	.16	23.4
Chicken Tenders (each)	53	82	19	2.09	.1	.08	40	340	3.5	.58	.11	12.8
Ribs (per bone)	42	133	82	9.06	3.2	.03	46	208	1	.04	.08	12
Bites (each)	15	50	30	3.32	1.6	.17	7	146	2.7	.15	.03	2.5
Wing Dings (each)	24	62	30	3.35	1.1	.06	32	192	1.8	.02	.05	6.1
Pork Chop (each)	100	279	140	17.1	5.5	.33	77	456	6.9	.1	.2	27.9
Cod (piece)	51	75	34	3.75	1.8	.22	16	289	8.9	.05	.1	5.7
Tilapia (filet)	65	159	81	8.99	4.5	.50	40	272	6.3	.07	.13	13.3
Shrimp (piece)	19	58	36	3.96	1.7	.21	15	105	4.1	.02	.04	1.6
Catfish (filet)	99	260	149	16.58	6.4	.66	62	419	10.3	.1	.2	17.4
Lake Perch (piece)	49	134	64	7.08	3.5	.38	46	172	8.9	.05	.1	8.6
Chicken Sandwich plain	136	497	236	26.39	8.9	.44	168	821	5.5	.14	.27	31.4
Fish Sandwich plain	65	299	106	11.99	4.5	.5	40	272	6.3	.07	.13	13.3
Shack Wrap with no sauce	85	234	71	7.82	2.6	1.09	40	341	22.1	1.61	.15	17.7
Sides	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Serving of Broasted Potatoes with no butter	128	273	134	14.87	5.8	.59	6	122	31.7	.89	.26	4
Butter for Broasted Potatoes	10	69	68	7.58	1.5	.08	0	137	.1	.01	.02	0
Serving of French Fries	104	281	137	15.26	5.4	.54	7	678	39.8	6.89	.21	3.1
Serving of Cole Slaw	85	171	98	10.85	1.9	.05	8	64	16.8	.85	5.84	.9
Serving of Corn with no butter	68	55	5	.68	.5	0	0	.2	12.9	1.36	.68	2
Serving of Onion Rings	82	376	238	26.41	12.3	1.31	15	612	31	.82	.16	4.4
Serving of Broasted Mushrooms	131	323	183	20.28	7.9	.87	14	574	31.8	.92	.26	4.1
Roll	38	90	10	1	0	0	0	160	17	1	2	3

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. This data is based on standard portion product guidelines, and variations can be expected due to differences in product assembly, seasonal ingredient substitutions and other factors. Product data is based on current formulation as of date of publication. All calculations are based on serving size per person.