Wendy's U.S. Nutrition Information

Note: Your totals may differ slightly from those listed. Wendy's® calculations follow the federal regulations regarding the rounding of the nutritional data.

Garden Sensations® Salads

Flavor-Packed Entrée Salads*
Prepared Fresh Daily

	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Mandarin Chicken® Salad Iceberg, Romaine, Spring Mix, Mandarin Oranges, Diced Chicken	1 ea.	348	170	15	2	0.5	0	60	480	660	18	3	13	23	70	50	6	10
Crispy Noodles	1 pkt.	14	60	20	2	0	0	0	170	15	10	0	1	1	0	0	0	2
Roasted Almonds	1 pkt.	21	130	100	11	1	0	0	70	160	4	2	1	5	0	0	6	6
Oriental Sesame Dressing	1 pkt.	64	190	100	11	1.5	0	0	490	30	21	0	19	1	0	2	2	2
Caesar Chicken Salad Romaine, Grape Tomatoes, Parmesan Cheese, Diced Chicken	1 ea.	282	190	45	5	2.5	0	70	620	800	9	4	4	27	190	90	20	10
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Caesar Dressing †	1 pkt.	28	120	120	13	2.5	0	20	220	5	1	0	0	1	0	2	2	0
Chicken BLT Salad Iceberg, Romaine, Spring Mix, Cucumbers, Grape Tomatoes, Cheddar Cheese, Bacon Pieces, Diced Chicken	1 ea.	374	340	160	18	9	0	100	980	840	17	4	6	35	90	50	30	10
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Honey Mustard Dressing	1 pkt.	64	280	230	26	4	0	25	370	10	11	0	10	1	0	0	2	2
Southwest Taco Salad Iceburg, Romaine, Diced Tomatoes, Cheddar Cheese, Wendy's Chili	1 ea.	501	440	200	22	12	1	80	1,100	860	32	9	10	30	80	35	45	20
Reduced Fat Acidified Sour Cream	1 pkt.	28	50	35	4	2.5	0	10	30	0	2	0	1	1	2	0	4	0
Seasoned Tortilla Strips	1 pkt	21	110	45	5	1	0	0	160	40	13	1	0	2	2	0	4	4
Ancho Chipotle Ranch Dressing	1 pkt.	43	110	90	10	2	0	15	330	55	4	0	2	1	2	10	4	0
Additional Salad Dressings																		
Fat Free French	1 pkt.	64	80	0	0	0	0	0	210	10	19	0	16	0	2	2	0	2
Reduced Fat Creamy Ranch	1 pkt.	64	100	70	8	1.5	0	15	450	80	6	1	3	1	0	0	6	2
Low Fat Honey Mustard	1 pkt.	64	110	30	3	0	0	0	340	15	21	0	16	0	0	0	2	2
Italian Vinaigrette	1 pkt.	64	140	110	12	2	0	0	400	10	9	0	8	0	0	2	0	2
Creamy Ranch	1 pkt.	64	230	200	23	4	0	15	450	70	5	0	3	1	0	0	4	2
Blue Cheese	1 pkt.	64	260	240	27	5	0	35	480	20	3	0	1	2	2	0	4	2
Thousand Island	1 pkt.	64	260	220	25	4	0	20	440	0	8	0	7	1	2	2	0	2

* Toppings and Salad Dressings listed separately. † Chicken Caesar Salad is served with 2-1oz. packets of Caesar Dressing

Beverages and Frosty™

Refreshments for Everyone's Thirst

	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Milk, 2% Reduced Fat Milk	1 ea.	227	120	40	4.5	3	0	20	125	360	12	0	11	7	10	4	30	0
Milk, 1% Low Fat Chocolate	1 ea.	227	170	20	2.5	1.5	0	15	200	380	28	0	26	8	10	4	30	0
Diet Coke®, Small Cup*	1 ea.	325	0	0	0	0	0	0	15†	30	0	0	0	0	0	0	0	0
Sprite®, Small Cup*	1 ea.	338	130	0	0	0	0	0	30†	0	34	0	34	0	0	0	0	0
Coca-Cola®, Small Cup*	1 ea.	339	140	0	0	0	0	0	0†	0	37	0	37	0	0	0	0	0
Dasani® Water	1 ea.	479	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Junior Original Chocolate Frosty	1 ea	113	160	35	4	2.5	0	15	75	260	28	0	21	4	8	0	15	8
Small Original Chocolate Frosty	1 ea.	227	330	70	8	5	0	35	150	530	56	0	42	8	15	0	30	15
Medium Original Chocolate Frosty	1 ea.	298	430	100	11	7	0	45	200	690	74	0	55	10	20	0	40	20
Junior Vanilla Frosty	1 ea	113	150	35	4	2.5	0	20	90	250	26	0	21	4	8	0	15	0
Small Vanilla Frosty	1 ea.	227	310	70	8	5	0	35	180	500	52	0	43	8	15	0	30	0
Medium Vanilla Frosty	1 ea.	298	410	90	10	6	0.5	45	240	660	68	0	57	11	20	0	40	0
Fix 'N Mix Original Chocolate Frosty	1 ea.	117	170	35	4	2.5	0	20	80	270	29	0	22	4	8	0	15	8
Fix 'N Mix Vanilla Frosty	1 ea.	117	160	35	4	2.5	0	20	95	260	27	0	22	4	8	0	15	0
Oreo® Cookie Crumbles	1 pkt.	21	100	40	4	1.5	0	0	115	40	15	1	9	1	0	0	0	6
Butterfinger® Candy Crumbles	1 pkt.	28	130	45	5	2.5	0	0	65	55	20	1	13	2	0	0	2	2
M&M's® Candy Crumbles	1 pkt.	28	140	50	6	3.5	0	5	15	75	20	1	18	1	2	0	2	2

*To determine nutritional information for a Kid's size (12 oz.) soft drink, multiply by 0.6; Value (16 oz.) soft drink, multiply by 0.8; Medium (32 oz.) soft drink, multiply by 1.6; Large (42 oz.) soft drink, multiply by 2.1.
†The sodium value will vary based on the level of sodium in your city's water supply.

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This nutrition information is current as of August 1, 2006.

Side Selections

Numerous Options for a Balanced Meal

	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Side Salad Iceberg, Romaine, Cucumbers, Grape Tomatoes, Carrots	1 ea.	168	35	0	0	0	0	0	25	330	8	2	4	1	90	25	4	4
Caesar Side Salad Romaine, Parmesan Cheese, Bacon Pieces	1 ea.	99	80	40	4.5	2	0	10	240	240	6	2	1	6	100	35	10	6
Homestyle Garlic Croutons	1 pkt.	14	70	20	2.5	0	0	0	125	20	9	0	0	2	0	2	0	2
Caesar Dressing	1 pkt.	28	120	120	13	2.5	0	20	220	5	1	0	0	1	0	2	2	0
Mandarin Orange Cup	5 oz.	142	80	0	0	0	0	0	15	90	19	1	17	1	2	40	2	4
Low Fat Strawberry Flavored Yogurt	1 ea.	142	140	10	1.5	1	0	5	90	270	27	0	24	6	2	2	20	2
Granola Topping	1 pkt.	21	110	40	4.5	0.5	0	0	0	60	15	1	6	2	0	0	2	4
Plain Baked Potato	10 oz.*	283	270	5	0	0	0	0	25	1560	61	7	3	7	0	60	6	15
Sour Cream & Chives Baked Potato Potato, Reduced Fat Acidified Sour Cream, Chives	1 ea.	312	320	40	4	2.5	0	10	55	1560	63	7	4	9	4	60	8	15
Buttery Best Spread	1 pkt.	11	50	50	6	1	0	0	90	0	0	0	0	0	8	0	0	0
Small Chili	8 oz.	227	220	60	6	2.5	0	35	780	410	23	5	6	17	4	4	8	15
Large Chili	12 oz.	340	330	80	9	3.5	0.5	55	1170	610	35	8	9	25	6	6	10	20
Hot Chili Seasoning	1 pkt.	7	5	0	0	0	0	0	270	0	2	0	1	0	0	0	0	0
Saltine Crackers	2 ea.	6	25	5	0.5	0	0	0	95	0	4	0	0	0	0	0	0	2
Cheddar Cheese, shredded	2 T.	17	70	50	6	3.5	0	15	110	15	1	0	0	4	4	0	10	0
Baked Lay's	1 bag	32	130	20	2	0	0	0	200	290	26	2	2	2	0	4	4	2
Kids' Meal French Fries	3.2 oz.	91	280	100	12	1.5	0	0	270	480	37	3	0	3	2	6	2	4
Small French Fries	5.0 oz.	142	440	160	18	2.5	0.5	0	430	760	58	5	0	5	2	10	2	6
Medium French Fries	5.6 oz.	159	490	180	20	3	0.5	0	480	850	64	6	0	5	4	10	2	8
Large French Fries	6.7 oz.	190	590	220	24	3.5	0.5	0	570	1010	77	7	0	6	4	15	2	10

* Average weight.

Homestyle Chicken Strips & Crispy Chicken Nuggets

Crispy All-White Meat for Full Flavor Dipping

	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Homestyle Chicken Strips	3 ea.	159	410	190	21	3.5	0	60	1470	420	33	0	0	28	0	0	2	6
Deli Honey Mustard Dipping Sauce	1 pkt.	35	170	140	16	2.5	0	15	220	15	6	0	5	1	0	0	0	2
Heartland Ranch Dipping Sauce	1 pkt.	35	200	200	22	3.5	0	15	280	20	1	0	1	0	0	0	0	0
Sweet & Spicy Hawaiian Dipping Sauce	1 pkt.	35	70	0	0	0	0	0	350	25	17	0	13	0	4	0	0	0
Wild Buffalo Ranch Dipping Sauce	1 pkt.	35	180	170	19	3	0	10	420	15	2	0	1	0	2	2	0	0
4 Piece Kids' Meal Nuggets	4 pc.	60	190	110	12	2	0	30	420	160	10	0	1	10	0	0	0	2
5 Piece Nuggets	5 pc.	75	230	140	15	3	0	35	520	200	12	0	1	12	0	0	0	2
10 Piece Nuggets	10 pc.	150	460	270	30	6	0	70	1040	390	24	0	1	24	0	0	2	6
Barbecue Nugget Sauce	1 pkt.	28	45	0	0	0	0	0	170	105	10	0	8	1	0	0	0	4
Sweet & Sour Nugget Sauce	1 pkt.	28	50	0	0	0	0	0	120	20	13	0	11	0	0	2	0	0
Honey Mustard Nugget Sauce	1 pkt.	28	130	110	12	2	0	10	220	15	6	0	5	0	0	0	0	0

This nutrition information is current as of August 1, 2006.

Sandwiches

100% Ground Beef and Whole-Breast Chicken Fillets Taste Great

	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Jr. Hamburger 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	117	280	80	9	3.5	0.5	30	590	210	34	1	7	15	0	0	2	20
Jr. Cheeseburger 2 oz.* Patty, American Cheese Jr., Ketchup, Mustard, Dill Pickles, Onion, Sandwich Bun	1 ea.	129	320	110	13	6	0.5	40	810	220	34	1	7	17	6	2	10	20
Jr. Cheeseburger Deluxe 2 oz.* Patty, American Cheese Jr., Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	179	360	140	16	6	0.5	45	870	300	37	2	8	18	10	8	10	20
Jr. Bacon Cheeseburger 2 oz.* Patty, American Cheese Jr., Bacon, Mayonnaise, Tomato, Lettuce, Sandwich Bun	1 ea.	161	370	160	17	7	0.5	50	790	280	34	2	6	19	10	6	10	20
Hamburger, Kids' Meal 2 oz.* Patty, Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	110	270	80	9	3.5	0.5	30	590	200	33	1	6	15	2	0	2	20
Cheeseburger, Kids' Meal 2 oz.* Patty, American Cheese Jr., Ketchup, Mustard, Dill Pickles, Sandwich Bun	1 ea.	122	320	110	13	6	0.5	40	810	210	34	1	7	17	6	0	10	20
Ham & Cheese Sandwich, Klds' Meal Black Forest Ham, Lettuce, Sandwich Bun	1 ea.	120	240	60	6	3	0	30	900	210	32	1	6	14	6	2	8	15
Turkey & Cheese Sandwich, Klds' Meal Roasted Turkey Breast, Lettuce, Sandwich Bun	1 ea.	128	250	60	6	3	0	25	910	310	34	1	5	14	6	2	8	15
Classic Single® w/ Everything 1/4 lb.* Patty, Mayonnaise, Ketchup, Mustard, Dill Pickles, Onion, Tomato, Lettuce, Sandwich Bun	1 ea.	218	420	180	20	7	1	65	880	420	37	2	8	25	8	8	4	25
Big Bacon Classic® 1/4 lb.* Patty, American Cheese, Bacon, Mayonnaise,Ketchup, Dill Pickles, Onion, Tomato, Lettuce, Kaiser Roll	1 ea.	282	590	270	30	12	1.5	90	1510	570	46	3	11	34	20	15	15	25
Ultimate Chicken Grill Sandwich Ultimate Chicken Grill Fillet, Honey Mustard Sauce, Tomato, Lettuce, Kaiser Roll	1 ea.	227	370	70	8	1.5	0	60	1070	550	44	2	10	33	6	10	4	20
Spicy Chicken Fillet Sandwich Spicy Chicken Fillet, Mayonnaise, Tomato, Lettuce, Kaiser Roll	1 ea.	231	480	150	17	3	0	60	1400	530	53	4	8	29	6	8	4	15
Homestyle Chicken Fillet Sandwich Homestyle Chicken Fillet, Mayonnaise, Tomato, Lettuce, Kaiser Roll	1 ea.	228	470	150	16	3	0	45	1210	500	55	2	8	27	6	8	4	15
Crispy Chicken Sandwich Crispy Chicken Patty, Lettuce, Mayonnaise, Sandwich Bun	1 ea.	157	380	130	14	2.5	0	40	880	300	44	1	5	19	2	2	2	15
Black Forest Ham & Swiss Frescata™ Black Forest Ham, Swiss Cheese, Honey Mustard Sauce, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	252	470	170	19	6	0	60	1480	510	50	4	8	27	25	20	20	20
Roasted Turkey & Swiss Frescata Roasted Turkey Breast, Swiss Cheese, Mayonnaise, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	267	480	180	20	6	0	60	1520	700	52	4	4	25	25	15	20	20
Frescata Club Roasted Turkey Breast, Black Forest Ham, Bacon, Mayonnaise, Romaine Lettuce, Tomato, Artisan Bread	1 ea.	249	440	150	17	3.5	0	50	1610	610	50	4	5	23	20	15	2	20
Roasted Turkey & Basil Pesto Frescata Roasted Turkey Breast, Roasted Red Peppers, Basil Pesto Spread, Romaine Lettuce, Artisan Bread	1 ea.	225	420	140	15	3	0	40	1520	590	50	4	3	21	35	35	6	20
Frescata Italiana Genoa Salami, Black Forest Ham, Swiss Cheese, Roasted Red Peppers, Sundried Tomato Vinaigrette, Romaine Lettuce, Artisan Bread	1 ea.	223	510	220	24	9	0	90	1530	370	49	4	6	25	40	35	20	20

* Approximate weight before cooking.

This nutrition information is current as of August 1, 2006.

Sandwich Components

Everything Can Be Made to Order for Your Taste

Note: For your custom sandwich order, add or subtract the nutritional value of any of the following to the totals above.

	Nutrition Facts														% Daily Value			
	Serving Size	Weight (g)	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Potassium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
2 oz.* Hamburger Patty	2 oz.*	37	100	60	7	3	0.5	30	130	115	0	0	0	10	0	0	0	6
1/4 lb.* Hamburger Patty	¼ lb.*	74	210	130	14	6	1	60	260	230	0	0	0	19	2	0	0	10
Ultimate Chicken Grill Fillet	1 pc.	105	130	15	2	0.5	0	60	660	360	2	0	0	26	0	4	0	4
Spicy Chicken Fillet	1 pc.	108	230	100	11	1.5	0	55	970	340	13	2	0	22	0	2	2	4
Homestyle Chicken Fillet	1 pc.	105	230	90	10	1.5	0	40	790	310	15	0	0	20	0	2	2	4
Crispy Chicken Patty	1 pc.	77	190	90	10	1.5	0	40	540	220	12	0	0	14	0	2	0	2
Roasted Turkey Breast	4 slices	85	80	15	1.5	0	0	30	810	430	5	0	0	12	0	2	0	2
Genoa Salami	3 slices	28	100	70	8	3	0	50	380	65	1	0	1	5	0	0	0	2
Black Forest Ham	4 slices	71	70	15	1.5	0.5	0	35	780	240	1	0	1	14	0	4	0	2
Sandwich Bun	1 ea.	58	160	15	2	0	0	0	290	65	31	1	5	5	0	0	2	10
Kaiser Roll	1 ea.	71	200	20	2.5	0	0	0	350	110	38	2	6	7	0	0	2	15
Artisan Bread	1 ea.	85	250	50	6	1	0	0	510	95	43	3	2	7	0	0	2	15
American Cheese Jr.	1 slice	12	45	30	3.5	2.5	0	10	220	10	0	0	0	2	4	0	6	0
American Cheese	1 slice	18	70	50	5	3.5	0	15	320	10	1	0	0	3	6	0	10	0
Swiss Cheese	1 slice	19	70	50	6	3.5	0	20	85	20	0	0	0	5	4	0	20	0
Bacon	1 strip	4	20	15	1.5	0.5	0	5	95	15	0	0	0	1	0	0	0	0
Mayonnaise	1 tsp.	9	30	30	3	0.5	0	5	60	0	1	0	0	0	0	0	0	0
Honey Mustard Sauce	1 tsp.	10	40	30	3.5	0	0	5	60	0	3	0	2	0	0	0	0	0
Basil Pesto Spread	2 tsp.	17	70	70	8	1.5	0	10	100	20	1	0	0	1	2	2	4	0
Sundried Tomato Vinaigrette	1 tbsp.	18	45	30	3.5	1	0	0	65	25	3	0	2	0	0	0	0	0
Dill Pickles	4 ea.	11	0	0	0	0	0	0	135	10	0	0	0	0	0	0	0	0
Ketchup	1 tsp.	7	5	0	0	0	0	0	80	15	2	0	2	0	0	0	0	0
Mustard	½ tsp.	5	5	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0
Iceberg Lettuce	1 leaf	15	0	0	0	0	0	0	0	20	0	0	0	0	2	0	0	0
Romaine Lettuce	1 leaf	9	0	0	0	0	0	0	0	20	0	0	0	0	10	4	0	0
Tomato	1 slice	26	5	0	0	0	0	0	0	60	1	0	1	0	4	6	0	0
Onion	4 rings	13	5	0	0	0	0	0	0	20	1	0	1	0	0	2	0	0
Roasted Red Peppers	2 tbsp.	28	10	0	0	0	0	0	100	20	1	0	1	0	25	25	0	0

* Approximate weight before cooking.

This nutrition information is current as of August 1, 2006.

1% Lowfat Chocolate Milk: Lowfat Milk, High Fructose Corn Syrup, Sugar, Cocoa, Salt, Carrageenan, Vitamin A Palmitate and Vitamin D3. CONTAINS: MILK.

2% Reduced Fat Milk: Reduced Fat Milk, Vitamin A Palimatate, Vitamin D3. CONTAINS: MILK.

American Cheese: Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid (preservative), Artificial Color, Acetic Acid, Enzymes, Soy Lecithin. CONTAINS: MILK, SOY.

Ancho Chipotle Ranch Dressing: Buttermilk, Soybean Oil, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Chili Peppers, Sugar, Egg Yolk, Salt, Garlic Juice, Buttermilk (buttermilk, whey), Modified Corn Starch, Garlic, Chipotle Peppers, Onion, Natural Flavors Including Smoke Flavor, Ancho Peppers, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives), Propylene Glycol Alginate, Spices, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Jalapeno Peppers, Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG.

Artisan Bread: Unbleached Flour (wheat flour, malted barley flour), Water, Extra Virgin Olive Oil, Sour Culture, Contains less than 2% of the following: Salt, Sugar, Yeast, Semolina, Malt Powder, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Ascorbic Acid (dough conditioner), Folic Acid, Ferrous Sulfate. CONTAINS: WHEAT.

Bacon Pieces: Pork Cured With: Water, Salt, Smoke Flavoring, Sodium Phosphates, Sodium Nitrate, Contains One Or More Of The Following: Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose.

Bacon: Pork Cured With: Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Baked! Lay's®: Dehydrated Potatoes, Modified Food Starch, Sugar, Corn Oil, Salt, Soy Lecithin, Leavening (monocalcium phosphate and sodium bicarbonate), Dextrose. CONTAINS: SOY.

Basil Pesto Spread: Soybean Oil, Water, Basil, Romano Cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Parmesan cheese (pasteurized cultured milk, enzymes, salt), Cheese Flavor (granular cheese, water, sodium phosphate, enzymes), Garlic, Distilled White Vinegar, Lemon Juice (purified water, citric acid, fructose, natural lemon flavor, lemon juice concentrate, sodium citrate, sodium benzoate and potassium sorbate [preservatives]), Extra Virgin Olive Oil, Egg, Egg Yolk, Salt, Garlic, Parsley, Lactic Acid, Sugar, Xanthan Gum, Phosphoric Acid, Sodium Benzoate and Potassium Sorbate (preservative), Spice. CONTAINS: MILK, EGG.

BBQ Nugget Sauce: High Fructose Corn Syrup, Tomato Paste, Water, Distilled Vinegar, Molasses, Salt, Modified Food Starch, Torula Yeast, Natural Smoke Flavor, Spices, Onion, Sodium Benzoate (preservative), Garlic Powder.

Black Forest Ham: Pork Cured With: Water, Contains 2% or less; Salt, Dextrose, Sodium Lactate, Sodium Phosphates, Sodium Diacetate, Sodium Erythhorbate, Sodium Nitrite, Natural Smoke Flavoring, Coated With Caramel.

Blue Cheese Dressing: Soybean Oil, Water, Distilled Vinegar, Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin [flavor protector]), Egg, Buttermilk (cultured lowfat milk, non- fat milk solids, salt, modified corn starch, carrageenan, locust bean gum, vitamin A palmitate, vitamin D), Cheese Paste (blue/cheddar cheeses [pasteurized milk, cheese cultures, salt, enzymes], natural flavors, water, whey, salt, disodium phosphate, citric acid), Egg Yolk, Contains Less Than 2%: Sugar, Salt, Natural and Artificial Flavors, Onion, Garlic, Xanthan Gum, Propylene Glycol Alginate, Roasted Red Bell Pepper Concentrate(roasted red bell peppers, sugar, potato flour, salt, natural flavor, corn oil), Phosphoric Acid, Sodium Benzoate as a Preservative, Spices, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Buns, Kaiser and Sandwich: Enriched Wheat flour (wheat flour, malted barley flour, thiamine mononitrate, riboflavin, niacin, iron, folic acid), Water, High Fructose Corn Syrup, Vegetable Oil (contains one or more of the following: soybean, cottonseed, canola), Yeast, Salt, Gluten, Contains less than 2% of: Dough conditioners (may contain one or more of the following: sodium stearoly lactylate, calcium stearoly-2-lactylate, ascorbic acid, azodicarbonamide, mono and diglycerides, DATEM, enzymes), Yeast Nutrients (may contain one or more of the following: monocalcium phosphate, calcium sulfate, ammonium sulfate), Turmeric, Paprika, Natural Flavor, Yellow Corn Meal (Kaisers only), Calcium Silicate, Calcium Propionate (preservative). CONTAINS: WHEAT.

Butterfinger® Candy Crumbles: Corn Syrup, Sugar, Ground Roasted Peanuts, Hydrogenated Palm Kernel Oil, Cocoa, Molasses, Less than 1% of: Whey, Confectioner's Corn Flakes, Nonfat Milk, Salt, Lactic Acid Esters, Soy Lecithin, Soybean Oil, Corn Starch, Artificial Flavors, TBHQ and Citric Acid (preservatives), Yellow 5, Red 40. CONTAINS: MILK, PEANUT, SOY.

Buttery Best Spread: Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Hydrogenated Soybean Oil, Vegetable Mono & Diglycerides, Pectin and Sodium Alginate, Natural & Artificial Flavors, Buttermilk Solids, Soy Lecithin, Whey, Maltodextrin, Food Starch Modified, Silicon Dioxide, Potassium Sorbate (preservative), Citric Acid, Lactic Acid, Acetic Acid, Calcium Disodium EDTA (flavor protector), Beta Carotene (color), Vitamin A Palmitate. CONTAINS: MILK, SOY.

Caesar Dressing: Soybean Oil, Water, Egg Yolk, Parmesan and Romano Cheese (milk, cheese cultures, salt, enzymes), Red Wine Vinegar, Salt, Lemon Juice Concentrate, Spice, Dehydrated Garlic, Lactic Acid, Sugar, Polysorbate 60, Xanthan Gum, Modified Corn Starch, Anchovies, Natural Flavors, Propylene Glycol Alginate, Sodium Benzoate (preservative), Yeast Extract, Soy Flour, Maltodextrin, Disodium Inosinate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK, FISH, SOY.

Cheddar Cheese, Shredded: Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato Starch and Powdered Cellulose (anti-caking agents), Natamycin (preservative). CONTAINS: MILK.

Chili: Ground Beef, Chili Base (tomatoes, salt, citric acid, calcium chloride), Chili Seasoning (maltodextrin, tomato powder, salt, modified corn starch, chili pepper, sugar, onion, spices, dextrose, garlic, soybean oil, xanthan gum, citric acid, autolyzed yeast extract, extracts of paprika, disodium inosinate, disodium guanylate, artificial flavors, silicon dioxide [anti-caking agent]), Kidney Beans (kidney beans, water, sugar, corn syrup, salt, natural flavorings, onion powder, calcium chloride, disodium EDTA [flavor protector]), Chili Beans (beans, water, sugar, corn syrup, salt, natural flavorings, onion, calcium chloride), Vegetable Mix (onions, celery, peppers).

Coca-Cola® Classic: High Fructose Corn Syrup, Water, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Creamy Ranch Dressing: Soybean Oil, Cultured Buttermilk, Water, Sour Cream (cream, modified corn starch, soy lecithin, lactic acid, water, citric acid, sodium phosphate, guar gum, artificial flavor), Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Cultured Buttermilk, Garlic, Whey, Natural Flavors, Onion, Spices, Modified Corn Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate (preservatives), Propylene Glycol Alginate, Lactic Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: MILK, EGG.

Crispy Chicken Nuggets: Chicken Breast with Rib Meat, Water, Modified Corn Starch, Sodium Phosphates, Salt, Whey Protein Concentrate, Battered and Breaded with: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Dextrose, Leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), Yellow Corn Flour, Yeast, Garlic Powder, Citric Acid, Natural and Artificial Flavor, Spice Extractives, Xanthan Gum. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available) and Omelet Bites/Omlettos (where available). CONTAINS: MILK, WHEAT.

Crispy Chicken Patty: Boneless, Skinless Chicken Breast with rib meat, Water, Salt, Sodium Phosphates. Breaded With: Wheat Flour, Bleached Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Spices, Garlic Powder, Onion Power, Yeast, Spice Extractives, Extractives of Paprika, Natural and Artificial Flavor and Lactic Acid. Breading set in Vegetable Oil. Note: May be cooked in the same oil as Omelet Bites/Omlettos (where available). CONTAINS: WHEAT.

Crispy Rice Noodles: Bleached Enriched Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin), Corn Oil (conatins TBHQ), Rice Flour, Modified Corn Starch, Salt, Water. CONTAINS: WHEAT.

Dasani® Bottle Water: Purified Water, Magnesium Sulfate, Potassium Chloride, Salt.

Deli Honey Mustard Dipping Sauce: Soybean Oil, Water, High Fructose Corn Syrup, Dijon Mustard (water, mustard seed, vinegar, salt, white wine, citric acid, tartaric acid, spices), Distilled Vinegar, Sugar, Egg Yolk, Mustard Seed, Honey, Salt, Citric Acid, Xanthan Gum, Spices Including Turmeric, Sodium Benzoate, and Potassium Sorbate (preservatives), Propylene Glycol Alginate, Natural Flavors Extractives Of Paprika, And Turmeric, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, WHEAT.

Diced Chicken: Chicken Breast with Rib Meat, Water, Seasoning (maltodextrin, salt, autolyzed yeast extract, onion powder, spice, natural flavors, garlic powder, iodized salt, modified corn startch, sugar, disodium inosinate, disodium guanylate, lactic acid, citric acid, artificial flavors), Modified Food Starch, Sodium Phosphates.

Diet Coke®: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (flavor protector), Natural Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane (anti-foaming agent). CONTAINS: PHENYLALANINE.

Dill Pickles: Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Sodium Benzonate (preservative), Natural Flavors, Polysorbate 80, Turmeric, FD&C Yellow #5, FD&C Blue #1.

Fat Free French Style Dressing: Water, Honey, High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Corn Syrup, Cider Vinegar, Modified Corn Starch, Salt, Mustard Flour, Microcrystalline Cellulose, Onion, Garlic, Potassium Sorbate and Sodium Benzoate (preservatives), Natural Flavors, Xanthan Gum, Cellulose Gum, Lemon Juice, Colored and Flavored With Paprika, Yellow #6, Spice, Calcium Disodium EDTA (flavor protector).

French Fries: Potatoes, Vegetable Oil Shortening (contains one or more of the following: partially hydrogenated canola oil, partially hydrogenated soybean oil), Disodium Dihydrogen Pyrophosphate (color protector), Dextrose. Cooked in Vegetable Oil. Note: may be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, Homestyle Chicken Strips (where available) and Omelet Bites/Omlettos (where available).

Frosty™, Original Chocolate: Milk, Cream, Sugar, Corn Syrup, Cocoa (processed with alkali), Guar Gum, Mono and Diglycerides, Cellulose Gum, Dextrose, Carrageenan, Calcium Sulfate, Disodium Phosphate, Artificial and Natural Flavor, Vitamin A Palmitate. CONTAINS: MILK.

Frosty™, Vanilla: Milk, Sugar, Corn Syrup, Cream, Whey, Nonfat Dry Milk, Guar Gum, Mono & Digglycerides, Natural And Artificial Flavor, Cellulose Gum, Carrageenan, Calcium Sulfate, Disodium Phosphate, Dextrose, Annatto Color, Vitamin A Palmitate. CONTAINS: MILK.

Genoa Salami: Pork, Salt, Contains 2% Or Less Corn Syrup Solids, Dextrose, Sugar, Lactic Acid Starter Culture, Sodium Erythorbate, Natural Flavoring, Spices, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid.

Granola: Oats, Brown Sugar, Soybean Oil.

Hamburger Patty: Ground Beef. Seasoned with Salt.

Heartland Ranch Dipping Sauce: Soybean Oil, Water, Buttermilk, Egg Yolk, Distilled Vinegar, Salt, Sugar, Garlic Powder, Onion Powder, Citric Acid, Yeast Extract, Spices, Sodium Benzoate and Potassium Sorbate (preservatives), Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Homestyle Chicken Breast Fillet: Chicken Breast With Rib Meat Containing Up To 17% Of a Solution Of Water, Modified Potato Starch, Seasoning (salt, flavor, maltodextrin, modified corn starch, yeast extract, contains less than 2% of : citric acid, disodium guanylate, disodium inosinate, chicken broth, partially hydrogenated soybean/cottonseed oil, soy sauce solids [wheat, soy beans, salt]), Sodium Phosphate. Battered and Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spices, Wheat Gluten, Leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), Egg White Solids, Onion Powder, Garlic Powder, Fructose, Maltodextrin, Yeast, Chicken Broth, Natural and Artificial Flavor, Locust Gum. Lactic Acid, Xanthan Gum, Extractives of Paprika. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: WHEAT, SOY, EGG.

Homestyle Chicken Strip: Chicken Breast with rib meat, Containing Up To 18% Solution Of Water, Modified Potato Starch, Salt, Sodium Phosphate, Breaded And Battered With: Wheat Flour, Water, Rice Flour, Salt, Modified Corn Starch, Sugar, Spice, Leavening (sodium bicarbonate, sodium aluminum phosphate), Dextrose, Onion Powder, Garlic Powder, Dehydrated Chicken Broth, Autolyzed Yeast, Maltodextrin, Natural and Artificial Flavor , Extractives Of Paprika, Lactic Acid. Breading Set In Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available), Crispy Chicken Nuggets, and Omelet Bites/Omlettos (where available). CONTAINS: WHEAT.

Homestyle Garlic Crouton: Wheat Flour, Sunflower Oil and/or Canola Oil, Salt, Dehydrated Garlic, Water, Yeast, Spice, Natural Butter Flavor, Malted Barley Flour, Citric Acid and/or Tocopherols (preservatives). CONTAINS: WHEAT, MILK.

Honey Mustard Dressing: Soybean Oil, Water, Distilled Vinegar, High Fructose Corn Syrup, Honey, Egg Yolk, Mustard Seed, Salt Sugar, White Wine, Xanthan Gum (thickener), Natural Flavor, Spices, Citric Acid, Tartaric Acid, Colored and Flavored With Oleoresin Paprika, Cal-

This nutrition information is current as of August 1, 2006.

cium Disodium EDTA (flavor protector), Turmeric, Yellow #5. CONTAINS: EGG.

Honey Mustard Nugget Sauce: Soybean Oil, Honey, Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Water, Vinegar, Egg Yolk, Sugar, Salt, Xanthan Gum, Spices Including Paprika, Sodium Benzoate (preservative), Oleoresin Paprika, Yellow #5. CONTAINS: EGG.

Honey Mustard Sauce: Soybean Oil, Honey, Water, Dijon Mustard (distilled vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid, spices), Sugar, Distilled Vinegar, Egg Yolk, Salt, Mustard Seed, Egg White, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Titanium Dioxide, Spice, Garlic, Onion, Natural Flavor, Lemon Juice From Concentrate, Calcium Disodium EDTA (flavor protector). CONTAINS: EGGS.

Hot Chili Seasoning Packet: Water, Corn Syrup, Salt, Distilled Vinegar, Natural Flavors, Xanthan Gum, Caramel Color.

Italian Vinaigrette Dressing: Water, Soybean Oil, White Wine Vinegar, Sugar, Distilled Vinegar, Garlic, Salt, Mustard Seed, Modified Corn Starch, Propylene Glycol Alginate, Spices, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Dehydrated Bell Peppers, Calcium Disodium EDTA (flavor protector).

Ketchup: Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Low Fat Honey Mustard Dressing: Water, High Fructose Corn Syrup, Distilled Vinegar, Honey, Soybean Oil, Maltodextrin, Corn Starch Modified, Mustard Seed, Salt, Titanium Dioxide, Egg Yolk, Sodium Benzoate (preservative), Spices, Natural and Artificial Flavor, Xanthan Gum (thickener), Cultured Whey, Disodium Inosinate and Disodium Guanylate (flavor enhancers), Turmeric, Calcium Disodium EDTA (flavor protector), Yellow #5, Colored and Flavored With Oleoresin Paprika. CONTAINS: MILK, EGG.

Low Fat Strawberry Flavored Yogurt: Cultured Low Fat Milk, Sugar, Nonfat Milk, High Fructose Corn Syrup, Whey Protein Concentrate, Modified Corn Starch, Gelatin, Pectin, Natural Flavors, Red 40, Blue 1. Active Cultures Include: Lactobacillus Acidophilus, Bifodobacterium SP. CONTAINS: MILK.

M&M's® Candy Crumbles: Milk Chocolate (sugar, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), Sugar, Corn Starch, Less than 1%: Corn Syrup, Dextrin, Coloring (includes blue 1 lake, red 40 lake, yellow 6, yellow 5, red 40. blue 1, blue 2 lake, yellow 6 lake, yellow 5 lake, blue 2), Gum Acacia. May Contain Peanuts. CONTAINS MILK, SOY.

Mandarin Oranges: Mandarin Orange Segments, Water, Sugar.

Mayonnaise Dressing: Water, Soybean Oil, Corn Syrup, Egg Yolk, Modified Corn Starch, Distilled Vinegar, Contains less than 2%: Salt, Spice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector), Yellow 5 and 6. CONTAINS: EGG.

Mustard: Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (color), Paprika, Spice.

Omelet Bites/Omlettos: Scrambled Egg (whole egg curds, skim milk, soybean oil, modified food starch, salt, xanthan gum, liquid pepper extract, citric acid, natural and artificial flavor [butter, lipolyzed butter oil, medium chain triglycerides, natural and artificial flavors, soybean oil, annatto extract]), Water. Breaded and Battered with: Wheat Flour, Bleached Wheat Flour, Yellow Corn Flour, Modified Corn Starch, Tapioca Dextrin, Rice Flour, Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), Corn Starch, Extractives of Turmeric, Garlic Powder, Onion Powder, Xanthan Gum, Wheat Starch, Extractives of Paprika, Yellow #5, Yellow #6, Ham Cured with (water, dextrose, salt, corn syrup, sodium phosphate, sodium erythorbate, sodium nitrite), Soybean Oil, Cheese Sauce (water, aged cheddar cheese [cultured milk, salt, enzymes, annatto color], partially hydrogenated soybean oil, corn starch modified, nonfat dry milk, sodium phosphate, salt, whey, lactic acid, yeast extract, monoglycerides, annatto color yellow #6), Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Water, Sodium Phosphate, Milk Fat, Salt, Sodium Hexametaphospahte, Sorbic Acid (preservative), APO Carotenal (color), Processed Cheddar Cheese (cheddar cheese [cultured milk, salt, enzymes, artificial flavor], water, sodium phosphate, cream, salt, sorbic acid [preservative], lactic acid, artificial color), Red Bell Pepper, Green Bell Pepper, Seasoning (whey, sugar, salt, cheddar cheese [milk, cheese cultures, salt, enzymes], yeast extract, maltodextrin, onion powder, garlic powder, disodium phosphate, citric acid, natural and artificial flavor, disodium inosinate, disodium guanylate, cream, buttermilk solids, lactic acid, natural smoke flavor, extractives of turmeric), Cooked in Vegetable Oil. CONTAINS: EGG, MILK, WHEAT.

Oreo® Cookie Crumbles: Sugar, Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, [vitamin B1], riboflavin [vitamin B2] folic acid), Palm and/or High Oleic Canola and/or Soybean Oil, Cocoa (processed with alkali) High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin, Vanillin (artificial flavor), Chocolate. CONTAINS: SOY, WHEAT.

Oriental Sesame Dressing: Water, High Fructose Corn Syrup, Soy Sauce (water, wheat, soybeans, salt), Soybean Oil, Sugar, Corn Syrup, Distilled Vinegar, Brown Sugar, Pineapple Juice Concentrate, Sesame Seed Oil, Rice Wine Vinegar, Sesame Seeds, Mustard Seed, Modified Corn Starch, Ginger, Salt, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate (preservatives), Xanthan Gum, Spices, Dehydrated Garlic, Calcium Disodium EDTA (flavor protector), Natural Flavor. CONTAINS: SOY, WHEAT.

Parmesan Cheese, Shredded: Part-Skim Milk, Cheese Culture, Salt, Rennet. CONTAINS: MILK.

Reduced Fat Creamy Ranch Dressing: Water, Cultured Buttermilk, Soybean Oil, Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Microcrystalline Cellulose, Modified Corn Starch, Skim Milk, Garlic, Natural and Artificial Flavors, Whey Protein Concentrate, Onion, Xanthan Gum, Spices, Gelatin, Cream, Potassium Sorbate and Sodium Benzoate (preservatives), Cellulose Gum, Propylene Glycol Alginate, Titanium Dioxide, Artificial Color, Guar Gum, Lactic Acid, Sodium Phosphate, Mono and Diglycerides, Carrageenan, Locust Bean Gum, Citric Acid, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK.

Reduced Fat Acidified Sour Cream: Milk, Cream, Modified Corn Starch, Non-Fat Dry Milk, Maltodextrin, Lactic Acid, Sodium Phosphate, Citric Acid, Guar Gum, Mono and Diglycerides, Natural and Artificial Flavor, Potassium Sorbate (preservative), Locust Bean Gum, Carrageenan. CONTAINS: MILK.

Roasted Almonds: Almonds, Salt. CONTAINS: TREE NUTS.

Roasted Red Peppers: Pimiento Peppers, Water, Salt, Citric Acid.

Roasted Turkey Breast: Turkey Breast, Water, Contains Less Than 2% Sodium Lactate, Sodium Diacetate, Potassium Lactate, Modified Food Starch, Salt, Turkey Flavor, (polysorbate 60,mono and diglycerides, xanthan gum), Sodium Phosphates, Dextrose, White Ground Pepper. Coated With Caramel.

Saltines: Enriched Flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Contains 2% of Less of: Corn Syrup, Leavening (baking soda, yeast, soy lecithin). CONTAINS: SOY, WHEAT.

Seasoned Tortilla Strips: Whole Corn, Vegetable Oil (contains one or more of the following: corn, soybean or sunflower oil), Salt, Buttermilk Solids, Spices, Tomato, Sweet Cream, Dextrose, Onion, Sugar, Cheddar Cheese (cultured milk, salt, enzymes), Corn Starch, Modified Corn Starch, Maltodextrin, Nonfat Dry Milk, Garlic, Torula Yeast, Citric Acid, Autolyzed Yeast, Natural and Artifical Flavor, Artificial Colors (including extractives of paprika, turmeric and annatto, titanium dioxide, red 40, yellow 5, blue 1), Disodium Phosphate, Lactic Acid, Soy Lecithin. CONTAINS: MILK.

Spicy Chicken Fillet: Chicken Breast With Rib Meat, Containing Up To 17% of a Solution of Water, Seasoning (salt, spices, sodium phosphates, modified corn starch, paprika, extractives of paprika, extractives of turmeric), Battered and Breaded With: Wheat Flour, Water, Bleached Wheat Flour, Salt, Modified Corn Starch, Spice, Wheat Gluten, Gum Arabic, Egg White Solids, Yellow Corn Flour, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Spice Extractives, Dextrose, Extractives of Paprika, Yeast. Cooked in Vegetable Oil. Note: May be cooked in the same oil as Fish Fillets (where available). CONTAINS: EGG, WHEAT.

Spring Mix: Contains five or more of the following lettuces: Red Oak, Red Romaine, Red Mustard, Granada, Lolla Rosa, Brunia, Red Bibb, Radina.

Sprite : High Fructose Corn Syrup, Water, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate (flavor protector), Dimethylpolysiloxane (anti-foaming agent).

Sundried Tomato Vinaigrette Dressing: Water, Corn Syrup, Soybean Oil, Red Wine Vinegar, Olive Oil, Cider Vinegar, Garlic, Sundried Tomatoes. Contains Less Than 2%: Sugar, High Fructose Corn Syrup, Natural Flavors, Salt, Dehydrated Garlic and Onion, Chianti Wine, Xanthan Gum, Spices, Dehydrated Red Bell Pepper, Propylene Glycol Alginate, Sodium Benzoate (preservative), Lemon Juice Concentrate, Calcium Disodium EDTA (flavor protector).

Sweet & Sour Nugget Sauce: High Fructose Corn Syrup, Water, Distilled Vinegar, Pineapple Juice, Modified Food Starch, Salt, Sodium Benzoate and Potassium Sorbate (preservatives), Bell Peppers, Soybean Oil, Caramel Color, Citric Acid, Oleoresin Paprika, Spice, Red #40.

Sweet & Spicy Hawaiian Dipping Sauce: Water, Corn Syrup, High Fructose Corn Syrup, Sugar, Distilled Vinegar, Modified Corn Starch, Salt, Garlic, Pineapple Juice Concentrate, Spices, Onion, Potassium Sorbate and Sodium Benzoate (preservatives), Extractives of Paprika.

Swiss Cheese: Cultured Milk, Salt, Enzymes, Aged Over 60 Days. CONTAINS: MILK.

Thousand Island Dressing: Soybean Oil, Water, Pickles, Tomato Paste, Corn Syrup, Sugar, Distilled Vinegar, Egg Yolk, Salt, Modified Corn Starch, Xanthan Gum, Dehydrated Onion, Sorbic Acid, Red Bell Pepper, Mustard Seed, Natural Flavors, Calcium Disodium EDTA (flavor protector), Spice. CONTAINS: EGG.

Ultimate Chicken Grill Fillet: Boneless, Skinless, Chicken Breast Fillets With Rib Meat Containing up to 24% of a Solution Of Water, Seasoning (salt, flavor, dextrose, autolyzed yeast extract, maltodextrin, contains 2% or less of caramel color, chicken broth, chicken meat, citric acid, corn syrup solids, dextrin, disodium guanylate, disodium inosinate, extractives of paprika, mixed triglycerides, modified corn starch, paprika, sugar, and thiamine hydrochloride), Soybean Oil, Modified Corn Starch, Sodium Phosphate.

Wild Buffalo Ranch Dipping Sauce: Soybean Oil, Water, Hot Sauce (aged cayenne red peppers, vinegar, salt, natural flavors, garlic), Distilled Vinegar, High Fructose Corn Syrup, Egg Yolks, Sour Cream (cream, skim milk, modified corn starch, lactic and citric acid, soy lecithin, sodium phosphate, potassium sorbate [preservative], guar gum, carrageenan, natural and artificial flavor, lactic acid culture), Salt, Spices, Xanthan Gum, Garlic Powder, Propylene Glycol Alginate, Sodium Benzoate and Potassium Sorbate (preservatives), Natural Flavor, Calcium Disodium EDTA (flavor protector). CONTAINS: EGG, MILK, SOY.

The nutrition and ingredient information contained in this guide is based on standard U.S. product formulations. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Certain menu items may vary from store to store and may not be available at all locations. Test products are not included. The information in this guide is effective as of November 1, 2005. Updated versions will be printed periodically and will be available at your local Wendy's.

The ingredients listed in this guide are those items reported by the manufacturer. Wendy's International, Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. We encourage anyone with food sensitivities, allergies, or special dietary needs to check wendys.com on a regular basis or contact Wendy's Consumer Relations Department to obtain the most up-to-date information.

If you have specific questions about our menu, call or write:

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This nutrition information is current as of August 1, 2006.