

INTERACTIVE NUTRITION MENU

Last Updated: 05/09/2017

PRINT

Search within KFC

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x

Calories

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

ORIGINAL RECIPE CHICKEN

| | | | | | | | | | |
|-------------|------------------|--------------------|-----|-----|----|-----|---|-----|-------|
| [more info] | Original Recipe® | Chicken Breast | 390 | 190 | 21 | 4 | 0 | 120 | 1,190 |
| | 11 | 2 | 0 | 39 | | | | | |
| [more info] | Original Recipe® | Chicken Drumstick | 130 | 70 | 8 | 1.5 | 0 | 55 | 430 |
| | 4 | 1 | 0 | 12 | | | | | |
| [more info] | Original Recipe® | Chicken Thigh | 280 | 170 | 19 | 4.5 | 0 | 100 | 910 |
| | 8 | 1 | 0 | 19 | | | | | |
| [more info] | Original Recipe® | Chicken Whole Wing | | 130 | 80 | 8 | 2 | 0 | 55 |
| | 380 | 3 | 0 | 0 | 10 | | | | |

EXTRA CRISPY CHICKEN

| | | | | | | | | |
|---|-----|-----|-----|-----|---|-----|-------|-----|
| [more info]Extra Crispy™ Chicken Breast | 530 | 320 | 35 | 6 | 0 | 105 | 1,150 | 18 |
| | 0 | 0 | 35 | | | | | |
| [more info]Extra Crispy™ Chicken Drumstick | 170 | 170 | 110 | 12 | 2 | 0 | 50 | 390 |
| | 5 | 0 | 0 | 10 | | | | |
| [more info]Extra Crispy™ Chicken Thigh | 330 | 210 | 23 | 4.5 | 0 | 100 | 700 | 9 |
| | 0 | 0 | 22 | | | | | |
| [more info]Extra Crispy™ Chicken Whole Wing | 170 | 170 | 110 | 13 | 2 | 0 | 45 | 340 |
| | 5 | 0 | 0 | 10 | | | | |

KENTUCKY GRILLED CHICKEN

| | | | | | | | | |
|---|-----|-----|----|----|---|---|-----|-----|
| [more info]Kentucky Grilled Chicken® Breast | 210 | 210 | 60 | 7 | 2 | 0 | 130 | 710 |
| | 0 | 0 | 0 | 38 | | | | |
| [more info]Kentucky Grilled Chicken® Drumstick | 80 | 35 | 35 | 4 | 1 | 0 | 55 | 220 |
| | 0 | 0 | 0 | 11 | | | | |
| [more info]Kentucky Grilled Chicken® Thigh | 150 | 150 | 80 | 9 | 3 | 0 | 90 | 420 |
| | 0 | 0 | 0 | 17 | | | | |
| [more info]Kentucky Grilled Chicken® Whole Wing | 180 | 70 | 70 | 30 | 3 | 1 | 0 | 45 |
| | 180 | 0 | 0 | 0 | 9 | | | |

SPICY CRISPY CHICKEN

| | | | | | | | | |
|--|-----|-----|----|-----|-----|-----|-------|-----|
| [more info]Spicy Crispy Chicken Breast | 350 | 180 | 20 | 3.5 | 0 | 100 | 1,100 | 11 |
| | 1 | 0 | 30 | | | | | |
| [more info]Spicy Crispy Chicken Drumstick | 130 | 130 | 70 | 8 | 1.5 | 0 | 40 | 420 |
| | 5 | 1 | 0 | 9 | | | | |
| [more info]Spicy Crispy Chicken Thigh | 270 | 180 | 20 | 3.5 | 0 | 65 | 720 | 10 |
| | 1 | 0 | 13 | | | | | |
| [more info]Spicy Crispy Chicken Whole Wing | 120 | 120 | 70 | 8 | 1.5 | 0 | 35 | 350 |
| | 5 | 0 | 0 | 7 | | | | |

EXTRA CRISPY TENDERS

| | | | | | | | | | |
|----------------------------------|-----|-----|----|---|---|---|----|-----|---|
| [more info]Extra Crispy™ Tenders | 140 | 140 | 60 | 7 | 1 | 0 | 25 | 320 | 8 |
| | 0 | 0 | 10 | | | | | | |

HOT WINGS

| | | | | | | | | | |
|-------------|--------------------------|----|----|---|---|---|----|-----|---|
| [more info] | Fiery Buffalo Hot Wings™ | 70 | 40 | 4 | 1 | 0 | 20 | 290 | 5 |
| | | 0 | 0 | 4 | | | | | |

| | | | | | | | | | | |
|-------------|-----------------|----|----|---|---|---|----|-----|---|---|
| [more info] | HBBQ Hot Wings™ | 90 | 40 | 4 | 1 | 0 | 20 | 270 | 9 | 0 |
| | | 3 | | 4 | | | | | | |

| | | | | | | | | | | |
|-------------|---------------|----|---|---|---|----|-----|---|---|---|
| [more info] | Hot Wings™ 70 | 40 | 4 | 1 | 0 | 20 | 160 | 3 | 0 | 0 |
| | | | 4 | | | | | | | |

POPCORN NUGGETS

| | | | | | | | | | | |
|-------------|------------------------|-----|-----|----|-----|---|----|-----|----|--|
| [more info] | Popcorn Nuggets - Kids | 290 | 170 | 19 | 2.5 | 0 | 30 | 870 | 19 | |
| | | 1 | 0 | 13 | | | | | | |

| | | | | | | | | | | |
|-------------|-------------------------|-----|-----|----|---|---|----|-------|----|--|
| [more info] | Popcorn Nuggets - Large | 620 | 350 | 39 | 5 | 0 | 65 | 1,820 | 39 | |
| | | 2 | 0 | 27 | | | | | | |

HOMESTYLE SIDES (INDIVIDUAL)

| | | | | | | | | | | |
|-------------|-----------------|-----|----|-----|---|---|---|-----|----|---|
| [more info] | BBQ Baked Beans | 240 | 15 | 1.5 | 0 | 0 | 0 | 820 | 43 | 9 |
| | | 18 | 14 | | | | | | | |

| | | | | | | | | | | | |
|-------------|---------|-----|----|---|---|---|---|-----|----|---|---|
| [more info] | Biscuit | 180 | 80 | 9 | 7 | 0 | 0 | 540 | 22 | 1 | 2 |
| | | 4 | | | | | | | | | |

| | | | | | | | | | | | |
|-------------|----------|-----|-----|----|---|---|----|-----|----|---|----|
| [more info] | Coleslaw | 170 | 110 | 12 | 2 | 0 | <5 | 180 | 14 | 4 | 10 |
| | | <1 | | | | | | | | | |

| | | | | | | | | | | | |
|-------------|-----------------|----|---|-----|---|---|---|---|----|---|--|
| [more info] | Corn on the Cob | 70 | 5 | 0.5 | 0 | 0 | 0 | 0 | 17 | 2 | |
| | | 3 | 2 | | | | | | | | |

| | | | | | | | | | | | |
|-------------|---------------|---|---|---|---|---|-----|---|---|----|--|
| [more info] | Green Beans25 | 0 | 0 | 0 | 0 | 0 | 260 | 4 | 2 | <1 | |
| | | 1 | | | | | | | | | |

| | | | | | | | | | | | |
|-------------|-----------------------|-----|----|---|-----|---|----|-----|----|--|--|
| [more info] | KFC® Cornbread Muffin | 210 | 80 | 9 | 1.5 | 0 | 35 | 240 | 28 | | |
| | | <1 | 11 | 3 | | | | | | | |

| | | | | | | | | | | | |
|-------------|-------------------|-----|----|---|-----|---|----|-----|----|---|--|
| [more info] | Macaroni & Cheese | 170 | 60 | 6 | 1.5 | 0 | <5 | 830 | 22 | 2 | |
| | | 2 | 5 | | | | | | | | |

| | | | | | | | | | | | |
|-------------|-----------------|----|----|---|-----|---|---|-----|----|---|--|
| [more info] | Mashed Potatoes | 90 | 25 | 3 | 0.5 | 0 | 0 | 320 | 15 | 1 | |
| | | 0 | 2 | | | | | | | | |

| | | | | | | | | | | | |
|-------------|----------------------------|----|-----|----|---|---|---|---|-----|--|--|
| [more info] | Mashed Potatoes With Gravy | | 120 | 35 | 4 | 1 | 0 | 0 | 500 | | |
| | | 19 | 1 | 0 | 2 | | | | | | |

| | | | | | | | | | |
|--|-----|-----|-----|-----|---|---|-----|----|---|
| [more info]Mashed Potatoes With Gravy (Fill Up Meal) | 150 | 45 | 5 | 1 | 0 | 0 | | | |
| | 640 | 24 | 2 | 0 | 3 | | | | |
| [more info]Potato Wedges | 270 | 110 | 13 | 1.5 | 0 | 0 | 700 | 34 | 3 |
| | 0 | 4 | | | | | | | |
| [more info]Sweet Kernel Corn | 80 | 0 | 0.5 | 0 | 0 | 0 | 0 | 20 | 2 |
| | 22 | 3 | | | | | | | |

HOMESTYLE SIDES (FAMILY)

| | | | | | | | | | |
|--|-------|-----|-----|-----|-----|----|-------|-----|----|
| [more info]BBQ Baked Beans (Family) | 750 | 45 | 5 | 1 | 0 | 70 | 2,560 | 130 | |
| | 22 | 52 | 46 | | | | | | |
| [more info]Coleslaw (Family) | 620 | 330 | 36 | 6 | 0 | 5 | 610 | 69 | 10 |
| | 53 | 3 | | | | | | | |
| [more info]Corn on the Cob (Family) | 280 | 20 | 2 | 0 | 0 | 0 | 15 | 67 | |
| | 8 | 11 | 9 | | | | | | |
| [more info]Green Beans (Family) | 90 | 5 | 0.5 | 0 | 0 | 0 | 1,040 | 17 | |
| | 10 | 3 | 5 | | | | | | |
| [more info]Macaroni & Cheese (Family) | 560 | 190 | 22 | 6 | 0.5 | 10 | 2,810 | 74 | |
| | 8 | 7 | 18 | | | | | | |
| [more info]Mashed Potatoes (Family) | 420 | 110 | 13 | 2.5 | 0.5 | 0 | 1,460 | 69 | |
| | 6 | 0 | 8 | | | | | | |
| [more info]Mashed Potatoes With Gravy (Family) | 550 | 170 | 19 | 4 | 1.5 | <5 | | | |
| | 2,400 | 87 | 5 | 1 | 10 | | | | |
| [more info]Potato Wedges (Family) | 1,210 | 570 | 63 | 11 | 0 | 0 | 3,370 | 145 | |
| | 10 | 0 | 16 | | | | | | |
| [more info]Sweet Kernel Corn (Family) | 270 | 15 | 2.5 | 0 | 0 | 0 | 10 | 65 | |
| | 7 | 8 | 9 | | | | | | |

SANDWICHES

| | | | | | | | | | |
|-----------------------------|-----|-----|----|---|---|----|-------|----|---|
| [more info]Chicken Littles® | 300 | 140 | 15 | 2 | 0 | 30 | 610 | 26 | 1 |
| | 3 | 14 | | | | | | | |
| [more info]Crispy Twister® | 630 | 300 | 34 | 7 | 0 | 70 | 1,260 | 53 | 4 |
| | 3 | 28 | | | | | | | |

| | | | | | | | | | |
|-------------|------------------------|-----|-----|----|---|---|----|-----|----|
| [more info] | Double Crunch Sandwich | 520 | 210 | 26 | 3 | 0 | 60 | 970 | 46 |
| | 2 4 25 | | | | | | | | |

| | | | | | | | | | |
|-------------|--|-----|-----|----|---|---|--|--|--|
| [more info] | Double Crunch Sandwich with Bacon & Cheese | 590 | 260 | 31 | 6 | 0 | | | |
| | 75 1,210 46 2 5 30 | | | | | | | | |

| | | | | | | | | | |
|-------------|--------------------|-----|----|-----|-----|---|----|-------|----|
| [more info] | Honey BBQ Sandwich | 380 | 20 | 4.5 | 0.5 | 0 | 55 | 1,440 | 59 |
| | 3 22 25 | | | | | | | | |

| | | | | | | | | | |
|-------------|-----------------|-----|-----|----|---|---|----|-------|------|
| [more info] | Zinger Sandwich | 480 | 190 | 24 | 3 | 0 | 65 | 1,120 | 39 3 |
| | 4 27 | | | | | | | | |

GO CUPS

| | | | | | | | | | |
|-------------|-------------------------|-----|-----|----|-----|---|----|-------|----|
| [more info] | Chicken Littles® Go Cup | 570 | 250 | 28 | 3.5 | 0 | 30 | 1,310 | 60 |
| | 4 3 18 | | | | | | | | |

| | | | | | | | | | |
|-------------|------------------------------|-----|-----|----|---|---|----|-------|--|
| [more info] | Extra Crispy™ Tenders Go Cup | 540 | 240 | 27 | 4 | 0 | 50 | 1,330 | |
| | 50 4 0 24 | | | | | | | | |

| | | | | | | | | | |
|-------------|---------------------------------|-----|-----|----|-----|---|----|-------|--|
| [more info] | Fiery Buffalo Hot Wings™ Go Cup | 480 | 230 | 25 | 4.5 | 0 | 60 | 1,570 | |
| | 49 3 0 16 | | | | | | | | |

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|-------------|------------------------|-----|-----|----|-----|---|----|-------|----|
| [more info] | HBBQ Hot Wings™ Go Cup | 540 | 230 | 25 | 4.5 | 0 | 60 | 1,510 | 61 |
| | 3 9 16 | | | | | | | | |

| | | | | | | | | | |
|-------------|-------------------|-----|-----|----|-----|---|----|-------|------|
| [more info] | Hot Wings™ Go Cup | 480 | 220 | 25 | 4.5 | 0 | 60 | 1,180 | 43 3 |
| | 0 16 | | | | | | | | |

| | | | | | | | | | |
|-------------|------------------------|-----|-----|----|---|---|----|-------|----|
| [more info] | Popcorn Nuggets Go Cup | 570 | 280 | 32 | 4 | 0 | 35 | 1,600 | 53 |
| | 4 0 18 | | | | | | | | |

POT PIE AND BOWLS

| | | | | | | | | | |
|-------------|-----------------|-----|-----|----|----|---|----|-------|------|
| [more info] | Chicken Pot Pie | 790 | 410 | 46 | 37 | 0 | 95 | 2,120 | 66 3 |
| | 7 29 | | | | | | | | |

| | | | | | | | | | |
|-------------|------------------|-----|-----|----|---|---|----|-------|------|
| [more info] | KFC® Famous Bowl | 710 | 300 | 34 | 6 | 1 | 45 | 2,310 | 81 6 |
| | 19 25 | | | | | | | | |

| | | | | | | | | | |
|-------------|-------------------------------|-----|-----|----|-----|---|----|-----|--|
| [more info] | KFC® Famous Bowl - Snack Size | 270 | 120 | 13 | 3.5 | 0 | 25 | 800 | |
| | 28 2 9 11 | | | | | | | | |

SALADS

(Does not include dressing or croutons)

| | | | | | | | | | |
|------------------------------|----|----|---|---|---|---|----|---|---|
| [more info]Caesar Side Salad | 40 | 20 | 2 | 1 | 0 | 5 | 90 | 2 | 1 |
| | 1 | 3 | | | | | | | |

| | | | | | | | | | |
|-----------------------------|----|---|---|---|---|---|----|---|---|
| [more info]House Side Salad | 15 | 0 | 0 | 0 | 0 | 0 | 10 | 3 | 2 |
| | 2 | 1 | | | | | | | |

DRESSING AND CROUTONS

| | | | | | | | | |
|--------------------------------------|-----|-----|----|---|---|----|-----|---|
| [more info]Heinz Buttermilk Dressing | 160 | 150 | 17 | 2 | 0 | 10 | 220 | 1 |
| | 0 | 1 | 0 | | | | | |

| | | | | | | | | |
|---|----|-----|---|---|---|---|---|---|
| [more info]Hidden Valley The Original Ranch Fat Free Dressing | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 0 | 410 | 8 | 0 | 2 | 1 | | |

| | | | | | | |
|---|-----|-----|----|---|---|----|
| [more info]KFC® Creamy Parmesan Caesar Dressing | 260 | 230 | 26 | 5 | 0 | 15 |
| | 540 | 4 | 0 | 2 | 2 | |

| | | | | | | | | |
|--|----|---|-----|---|---|---|---|-----|
| [more info]Marzetti Light Italian Dressing | 15 | 0 | 0.5 | 0 | 0 | 0 | 0 | 510 |
| | 2 | 0 | 1 | 0 | | | | |

| | | | | | | | | |
|-------------------------------------|----|----|---|---|---|---|-----|---|
| [more info]Parmesan Garlic Croutons | 60 | 25 | 3 | 0 | 0 | 0 | 135 | 8 |
| | <1 | <1 | 2 | | | | | |

DESSERTS

| | | | | | | | | | |
|---------------------------|-----|----|----|-----|---|---|-----|----|----|
| [more info]Apple Turnover | 230 | 90 | 10 | 2.5 | 0 | 0 | 140 | 32 | <1 |
| | 12 | 2 | | | | | | | |

| | | | | | | |
|--|-----|-----|----|----|---|----|
| [more info]Café Valley Chocolate Chip Cake (1 Slice) | 300 | 130 | 15 | 3 | 0 | 50 |
| | 260 | 39 | 1 | 27 | 4 | |

| | | | | | | | |
|---|-----|-----|----|---|---|----|-----|
| [more info]Café Valley Lemon Cake (1 Slice) | 210 | 100 | 11 | 2 | 0 | 40 | 190 |
| | 28 | 0 | 19 | 2 | | | |

| | | | | | | |
|---|-----|-----|----|-----|---|----|
| [more info]Café Valley Mini Chocolate Chip Cake | 300 | 100 | 12 | 2.5 | 0 | 40 |
| | 190 | 49 | 1 | 35 | 3 | |

| | | | | | | | | |
|--|-----|-----|----|-----|---|----|-----|----|
| [more info]Café Valley Mini Lemon Cake | 300 | 120 | 13 | 2.5 | 0 | 50 | 230 | 43 |
| | 0 | 31 | 3 | | | | | |

| | | | | | | | | |
|----------------------------------|-----|----|---|---|---|----|----|----|
| [more info]Chocolate Chip Cookie | 160 | 60 | 8 | 4 | 0 | 10 | 85 | 22 |
| | 1 | 15 | 1 | | | | | |

| | | | | | | | | |
|----------------------------------|-----|----|---|-----|---|----|----|----|
| [more info]Oatmeal Raisin Cookie | 150 | 50 | 6 | 2.5 | 0 | 10 | 90 | 22 |
| | 1 | 13 | 2 | | | | | |

| | | | | | | | | |
|---------------------------------------|-----|----|----|---|---|----|-----|----|
| [more info]Oreo Cookies and Crème Pie | 270 | 0 | 13 | 8 | 0 | <5 | 210 | 35 |
| | 1 | 24 | 3 | | | | | |

| | | | | | | | | |
|--------------------------------------|-----|----|----|---|---|----|-----|----|
| [more info]Reese's Peanut Butter Pie | 300 | 0 | 17 | 9 | 0 | <5 | 270 | 33 |
| | 1 | 22 | 5 | | | | | |

DIPPING SAUCES & CONDIMENTS

| | | | | | | | |
|---|-----|----|----|-----|---|----|-----|
| [more info]Buttermilk Ranch Dipping Sauce Cup | 100 | 90 | 10 | 1.5 | 0 | 10 | 240 |
| | 2 | 0 | 1 | 0 | | | |

| | | | | | | | | |
|-------------------------------------|----|----|---|-----|---|---|----|---|
| [more info]Colonel's Buttery Spread | 35 | 35 | 4 | 1.5 | 0 | 0 | 35 | 0 |
| | 0 | 0 | 0 | | | | | |

| | | | | | | | |
|---|----|----|---|---|---|----|-----|
| [more info]Creamy Buffalo Dipping Sauce Cup | 70 | 60 | 7 | 1 | 0 | <5 | 510 |
| | 2 | 0 | 0 | 0 | | | |

| | | | | | | | |
|---|-----|-----|----|---|---|----|--|
| [more info]Finger Lickin' Good™ Dipping Sauce Cup | 130 | 110 | 12 | 2 | 0 | 10 | |
| | 180 | 5 | 0 | 5 | 1 | | |

| | | | | | | | | | |
|-------------------------------|----|---|---|---|---|---|----|---|---|
| [more info]Grape Jelly Packet | 35 | 0 | 0 | 0 | 0 | 0 | 10 | 9 | 0 |
| | 7 | 0 | | | | | | | |

| | | | | | | | |
|--|-----|----|----|-----|---|----|-----|
| [more info]Honey Mustard Dipping Sauce Cup | 120 | 90 | 10 | 1.5 | 0 | <5 | 110 |
| | 6 | 0 | 5 | 0 | | | |

| | | | | | | | | | |
|-------------------------------|----|---|---|---|---|---|---|---|---|
| [more info]Honey Sauce Packet | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 |
| | 5 | 0 | | | | | | | |

| | | | | | | | | | | |
|--------------------|----|---|---|---|---|---|-----|---|---|---|
| [more info]Ketchup | 30 | 0 | 0 | 0 | 0 | 0 | 250 | 8 | 0 | 6 |
| | 0 | | | | | | | | | |

| | | | | | | | | | | |
|-------------------------------|---|---|---|---|---|---|----|---|---|--|
| [more info]Lemon Juice Packet | 5 | 0 | 0 | 0 | 0 | 0 | 20 | 1 | 0 | |
| | 0 | 0 | | | | | | | | |

| | | | | | | | | | | |
|----------------------------------|----|---|---|---|---|---|---|---|---|--|
| [more info]Strawberry Jam Packet | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | |
| | 0 | 6 | 0 | | | | | | | |

| | | | | | | | | |
|---|-----|---|---|---|---|---|---|---|
| [more info]Summertime BBQ Dipping Sauce Cup | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | 310 | 9 | 0 | 8 | 0 | | | |

| | | | | | | | | |
|--|----|---|----|---|---|---|---|----|
| [more info]Sweet N Tangy Dipping Sauce Cup | 45 | 0 | 0 | 0 | 0 | 0 | 0 | 95 |
| | 12 | 0 | 10 | 0 | | | | |

KIDS DRINKS

| | | | | | | | | |
|--|---|----|---|---|---|-----|-----|-----|
| [more info]Diet Dr Pepper® (16 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 95 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Dr Pepper® (20 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 120 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Dr Pepper® (30 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 180 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Mist Twst® (12 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Mist Twst® (16 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Mist Twst® (20 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Mist Twst® (30 fl oz) | 5 | 0 | 0 | 0 | 0 | 0 | 95 | 0 |
| 0 0 0 | | | | | | | | |
| [more info]Diet Mountain Dew® (12 fl oz) | | 0 | 0 | 0 | 0 | 0 | 0 | 55 |
| 0 0 0 0 | | | | | | | | |
| [more info]Diet Mountain Dew® (16 fl oz) | | 5 | 0 | 0 | 0 | 0 | 0 | 75 |
| 1 0 0 0 | | | | | | | | |
| [more info]Diet Mountain Dew® (20 fl oz) | | 10 | 0 | 0 | 0 | 0 | 0 | 90 |
| 1 0 1 0 | | | | | | | | |
| [more info]Diet Mountain Dew® (30 fl oz) | | 10 | 0 | 0 | 0 | 0 | 0 | 140 |
| 1 0 1 0 | | | | | | | | |
| [more info]Diet Pepsi® (12 fl oz) | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 |
| 0 0 | | | | | | | | |
| [more info]Diet Pepsi® (16 fl oz) | 0 | 0 | 0 | 0 | 0 | 75 | 0 | 0 |
| 0 0 | | | | | | | | |
| [more info]Diet Pepsi® (20 fl oz) | 0 | 0 | 0 | 0 | 0 | 95 | 0 | 0 |
| 0 0 | | | | | | | | |
| [more info]Diet Pepsi® (30 fl oz) | 0 | 0 | 0 | 0 | 0 | 140 | 0 | 0 |
| 0 0 | | | | | | | | |
| [more info]Diet Pepsi® Wild Cherry Pepsi® (12 fl oz) | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 35 0 0 0 0 | | | | | | | | |

| | | | | | | | | | |
|--|-----|-----|-----|-----|---|---|-----|----|-----|
| [more info]Diet Pepsi® Wild Cherry Pepsi® (16 fl oz) | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| [more info]Diet Pepsi® Wild Cherry Pepsi® (20 fl oz) | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| [more info]Diet Pepsi® Wild Cherry Pepsi® (30 fl oz) | 95 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| [more info]Dole® Classic Lemonade (1/2 Gallon) 880 | 234 | 0 | 228 | 0 | 0 | 0 | 0 | 0 | 780 |
| [more info]Dole® Classic Lemonade (20 fl oz) 150 | 39 | 0 | 38 | 0 | 0 | 0 | 0 | 0 | 130 |
| [more info]Dole® Strawberry Lemonade (1/2 Gallon) | 790 | 270 | 0 | 264 | 0 | 0 | 0 | 0 | 0 |
| [more info]Dole® Strawberry Lemonade (20 fl oz) | 130 | 45 | 0 | 44 | 0 | 0 | 0 | 0 | 0 |
| [more info]Dr Pepper® (12 fl oz) 140 | 38 | 0 | 0 | 0 | 0 | 0 | 45 | 39 | 0 |
| [more info]Dr Pepper® (16 fl oz) 190 | 51 | 0 | 0 | 0 | 0 | 0 | 60 | 52 | 0 |
| [more info]Dr Pepper® (20 fl oz) 240 | 64 | 0 | 0 | 0 | 0 | 0 | 75 | 65 | 0 |
| [more info]Dr Pepper® (30 fl oz) 360 | 96 | 0 | 0 | 0 | 0 | 0 | 110 | 98 | 0 |
| [more info]Lipton® Brisk® Lemon Tea (12 fl oz) 80 | 22 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 40 |
| [more info]Lipton® Brisk® Lemon Tea (16 fl oz) 110 | 29 | 0 | 29 | 0 | 0 | 0 | 0 | 0 | 55 |
| [more info]Lipton® Brisk® Lemon Tea (20 fl oz) 140 | 36 | 0 | 36 | 0 | 0 | 0 | 0 | 0 | 70 |
| [more info]Lipton® Brisk® Lemon Tea (30 fl oz) 210 | 55 | 0 | 54 | 0 | 0 | 0 | 0 | 0 | 105 |
| [more info]Lipton® Brisk® No Calorie Peach Iced Green Tea (12 fl oz) | 0 | 0 | 105 | 0 | 0 | 0 | 0 | 0 | 0 |

| | | | | | | | | | |
|---|-----|---|---|---|---|---|-----|-----|---|
| [more info]Manzanita Sol® (16 fl oz) | 210 | 0 | 0 | 0 | 0 | 0 | 45 | 58 | |
| 0 57 0 | | | | | | | | | |
| [more info]Manzanita Sol® (20 fl oz) | 260 | 0 | 0 | 0 | 0 | 0 | 55 | 73 | |
| 0 71 0 | | | | | | | | | |
| [more info]Manzanita Sol® (30 fl oz) | 400 | 0 | 0 | 0 | 0 | 0 | 85 | 109 | |
| 0 106 0 | | | | | | | | | |
| [more info]Miranda® Strawberry (12 fl oz) | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 70 | |
| 44 0 44 0 | | | | | | | | | |
| [more info]Miranda® Strawberry (16 fl oz) | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 95 | |
| 58 0 58 0 | | | | | | | | | |
| [more info]Miranda® Strawberry (20 fl oz) | 270 | 0 | 0 | 0 | 0 | 0 | 0 | 120 | |
| 73 0 73 0 | | | | | | | | | |
| [more info]Miranda® Strawberry (30 fl oz) | 410 | 0 | 0 | 0 | 0 | 0 | 0 | 180 | |
| 109 0 109 0 | | | | | | | | | |
| [more info]Mist Twst® (12 fl oz) | 150 | 0 | 0 | 0 | 0 | 0 | 35 | 41 | 0 |
| 41 0 | | | | | | | | | |
| [more info]Mist Twst® (16 fl oz) | 200 | 0 | 0 | 0 | 0 | 0 | 45 | 54 | 0 |
| 54 0 | | | | | | | | | |
| [more info]Mist Twst® (20 fl oz) | 260 | 0 | 0 | 0 | 0 | 0 | 55 | 68 | 0 |
| 68 0 | | | | | | | | | |
| [more info]Mist Twst® (30 fl oz) | 380 | 0 | 0 | 0 | 0 | 0 | 80 | 101 | 0 |
| 101 0 | | | | | | | | | |
| [more info]Mountain Dew® (12 fl oz) | 160 | 0 | 0 | 0 | 0 | 0 | 50 | 44 | |
| 0 44 0 | | | | | | | | | |
| [more info]Mountain Dew® (16 fl oz) | 220 | 0 | 0 | 0 | 0 | 0 | 70 | 59 | |
| 0 58 0 | | | | | | | | | |
| [more info]Mountain Dew® (20 fl oz) | 270 | 0 | 0 | 0 | 0 | 0 | 85 | 73 | |
| 0 73 0 | | | | | | | | | |
| [more info]Mountain Dew® (30 fl oz) | 410 | 0 | 0 | 0 | 0 | 0 | 125 | 110 | |
| 0 109 0 | | | | | | | | | |
| [more info]Mug Root Beer® (12 fl oz) | 140 | 0 | 0 | 0 | 0 | 0 | 45 | 39 | |
| 0 39 0 | | | | | | | | | |

| | | | | | | | |
|--|-----|---|---|---|---|----|-----|
| [more info]Tropicana® Fruit Punch (16 fl oz) | 230 | 0 | 0 | 0 | 0 | 0 | 45 |
| 60 0 60 0 | | | | | | | |
| [more info]Tropicana® Fruit Punch (20 fl oz) | 280 | 0 | 0 | 0 | 0 | 0 | 60 |
| 75 0 75 0 | | | | | | | |
| [more info]Tropicana® Fruit Punch (30 fl oz) | 420 | 0 | 0 | 0 | 0 | 0 | 90 |
| 113 0 112 0 | | | | | | | |
| [more info]Tropicana® Light Lemonade (12 fl oz) | 5 | 0 | 0 | 0 | 0 | 0 | 140 |
| 0 0 0 0 | | | | | | | |
| [more info]Tropicana® Light Lemonade (16 fl oz) | 10 | 0 | 0 | 0 | 0 | 0 | 190 |
| 0 0 0 0 | | | | | | | |
| [more info]Tropicana® Light Lemonade (20 fl oz) | 10 | 0 | 0 | 0 | 0 | 0 | 240 |
| 0 0 0 0 | | | | | | | |
| [more info]Tropicana® Light Lemonade (30 fl oz) | 15 | 0 | 0 | 0 | 0 | 0 | 350 |
| 1 0 0 0 | | | | | | | |
| [more info]Tropicana® Pink Lemonade (12 fl oz) | 150 | 0 | 0 | 0 | 0 | 0 | 160 |
| 40 0 40 0 | | | | | | | |
| [more info]Tropicana® Pink Lemonade (16 fl oz) | 210 | 0 | 0 | 0 | 0 | 0 | 210 |
| 53 0 53 0 | | | | | | | |
| [more info]Tropicana® Pink Lemonade (20 fl oz) | 260 | 0 | 0 | 0 | 0 | 0 | 260 |
| 67 0 67 0 | | | | | | | |
| [more info]Tropicana® Pink Lemonade (30 fl oz) | 390 | 0 | 0 | 0 | 0 | 0 | 390 |
| 100 0 100 0 | | | | | | | |
| [more info]Tropicana® Twister® Orange (12 fl oz) | 170 | 0 | 0 | 0 | 0 | 0 | 0 |
| 35 46 0 46 0 | | | | | | | |
| [more info]Tropicana® Twister® Orange (16 fl oz) | 230 | 0 | 0 | 0 | 0 | 0 | 0 |
| 50 61 0 61 0 | | | | | | | |
| [more info]Tropicana® Twister® Orange (20 fl oz) | 290 | 0 | 0 | 0 | 0 | 0 | 0 |
| 60 76 0 76 0 | | | | | | | |
| [more info]Tropicana® Twister® Orange (30 fl oz) | 430 | 0 | 0 | 0 | 0 | 0 | 0 |
| 90 115 0 114 0 | | | | | | | |
| [more info]Wild Cherry Pepsi® (12 fl oz) | 160 | 0 | 0 | 0 | 0 | 30 | 42 |
| 0 42 0 | | | | | | | |

| | | | | | | | | | |
|--|-----|-----|---|---|---|---|---|----|-----|
| [more info]Wild Cherry Pepsi® (16 fl oz) | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 56 |
| | 0 | 56 | 0 | | | | | | |
| [more info]Wild Cherry Pepsi® (20 fl oz) | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 70 |
| | 0 | 70 | 0 | | | | | | |
| [more info]Wild Cherry Pepsi® (30 fl oz) | 390 | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 105 |
| | 0 | 105 | 0 | | | | | | |

REGIONAL MENU ITEMS

| | | | | | |
|---|-----|-----|----|-----|-----|
| [more info]Country Fried Steak with Peppered White Gravy | 390 | 230 | 26 | 7 | 1 |
| | 35 | 910 | 26 | 2 | 0 |
| | | | | 13 | |
| [more info]Country Fried Steak without Peppered White Gravy | 360 | 220 | 24 | 7 | 1 |
| | 35 | 750 | 22 | 2 | 0 |
| | | | | 13 | |
| [more info]KFC® Gizzards | 300 | 150 | 16 | 2 | 0 |
| | 0 | 20 | | | |
| | | | | | 210 |
| | | | | | 770 |
| | | | | | 18 |
| | | | | | <1 |
| [more info]KFC® Livers | 230 | 120 | 13 | 2.5 | 0 |
| | 17 | | | | |
| | | | | | 285 |
| | | | | | 750 |
| | | | | | 12 |
| | | | | | 0 |
| | | | | | 0 |