

CHICKEN BREAST

Ingredients	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
REGULAR															
Chicken Breast	170.00	60.00	7.00	1.50	0.00	50.00	650.00	3.00	0.00	1.00	22.00	2.00	2.00	2.00	6.00
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Regular French	280.00	50.00	6.00	2.50	0.00	0.00	520.00	47.00	2.00	2.00	9.00	0.00	0.00	8.00	4.00
Chicken on White:	472	111.50	13.15	4	0	50	1,180.25	55.25	3	6.75	31.50	12.50	17.75	12.25	13
Chicken Breast	170.00	60.00	7.00	1.50	0.00	50.00	650.00	3.00	0.00	1.00	22.00	2.00	2.00	2.00	6.00
Veggies	22.00	1.50	0.15	0.00	0.00	0.00	10.25	5.25	1.00	3.75	0.50	10.50	15.75	2.25	3.00
Regular Wheat	300.00	35.00	4.00	0.50	0.00	0.00	470.00	56.00	5.00	7.00	14.00	0.00	0.00	2.00	25.00
Chicken on Wheat:	492	96.50	11.15	2	0	50	1,130.25	64.25	6	11.75	36.50	12.50	17.75	6.25	34

**cheese & condiments are not included in these totals, please add them from the chart below as necessary.*

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KING															
Chicken Breast	340.00	120.00	14.00	3.00	0.00	100.00	1,300.00	6.00	0.00	2.00	44.00	4.00	4.00	4.00	12.00
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King French	550.00	110.00	12.00	5.00	0.00	0.00	1,040.00	95.00	3.00	4.00	18.00	0.00	0.00	15.00	10.00
Chicken on White:	925.25	232.25	26.25	8	0	100	2,356	109.25	4.75	12	63	20.50	28.25	22.75	26.75
Chicken Breast	340.00	120.00	14.00	3.00	0.00	100.00	1,300.00	6.00	0.00	2.00	44.00	4.00	4.00	4.00	12.00
Veggies	35.25	2.25	0.25	0.00	0.00	0.00	16.00	8.25	1.75	6.00	1.00	16.50	24.25	3.75	4.75
King Wheat	430.00	50.00	6.00	1.00	0.00	0.00	680.00	81.00	7.00	11.00	21.00	0.00	0.00	4.00	35.00
Chicken on Wheat:	805.25	172.25	20.25	4	0	100	1,996	95.25	8.75	19	66	20.50	28.25	11.75	51.75

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CHEESE & CONDIMENTS															
REG. Cheese Slice	55	35	4	2.5	0	12.5	200	1	0	0.5	2.5	3	0	7.5	0
REG. Sub Dressing	115	110	12.5	2	0	0	85	1	0	0.5	0	0	0	0	0
REG. Mayo	60	45	5	0.75	0	5	150	3	0	2	0	0	0	0	0
REG. Mustard	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
KING Cheese Slice	110	70	8	5	0	25	400	2	0	1	5	6	0	15	0
KING Sub Dressing	230	220	25	4	0	0	170	2	0	1	0	0	0	0	0
KING Mayo	120	90	10	1.5	0	10	300	6	0	4	0	0	0	0	0
KING Mustard	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0



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