

Carolina Ale House

Nutrition Guide

Nutrition Guide

Fall 2026 Menu • Prepared for in-restaurant reference

We work to provide accurate, up-to-date nutrition information based on our standard recipes, supplier information, and the USDA database. Because our dishes are hand-prepared to order and ingredients or procedures may change, actual nutritional values may differ from those listed. Menu item availability varies by location.

Items are listed as served, including sauce, dressing, and protein combinations where applicable. Nutritional values are rounded following U.S. Food and Drug Administration guidelines (21 CFR 101.9). For questions, please contact your Carolina Ale House management team.

Starters										
Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Artisan 5-Cheese Spinach Dip	1140	64	32	0	140	1720	98	5	7	38
Bavarian Pretzel Bites	1400	73	19	0	90	3200	141	6	6	30
Beer Battered Cheese Curds	950	58	36	0	180	3040	56	3	7	48
Buffalo Chicken Dip	1150	61	22	0	200	2580	95	5	6	50
Cheese Fries	880	62	17	0	55	1870	64	7	5	14
Cheese Quesadilla	1510	113	47	0	205	2540	72	8	8	54
with Chipotle Beef	1650	119	49	0	260	2970	76	9	8	73
with Grilled Shrimp	1600	115	48	0	350	2680	73	8	8	73
with Marinated Diced Chicken	1750	126	49	0	320	2780	73	9	8	82
Colossal Carolina Nachos	1950	95	58	0	330	4090	214	18	8	50
with CAH Chili	2090	99	59	0	345	4760	229	22	11	60
with Chipotle Beef	2240	106	60	0	440	4960	221	19	9	88
with Marinated Diced Chicken	2430	121	61	0	565	4580	215	18	9	106
Frickles	490	32	7	0	35	4880	36	1	4	5
Regular Carolina Nachos	1070	45	26	0	150	2080	138	10	4	25

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
with CAH Chili	1210	49	28	0	165	2750	153	15	6	34
with Chipotle Beef	1220	50	28	0	205	2520	141	11	4	44
with Marinated Diced Chicken	1300	57	28	0	265	2330	138	10	4	52
Bacon Cheese Fries	1170	84	33	0	120	2810	66	7	5	36

Wings & Zingers

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Chicken Zingers, Grilled, 10	760	19	5	0	335	1390	5	1	3	132
with Buffalo	1390	75	25	0	335	6040	32	17	4	138
with Carolina Style BBQ	1070	20	5	0	335	4410	80	1	67	132
with Five Alarm	830	20	5	0	335	8150	17	6	7	135
with Garlic Parmesan	1930	133	26	0	355	4410	27	4	4	143
with Honey Buffalo	1250	26	5	0	335	5920	108	17	77	138
with Hot Honey	1620	20	5	0	335	4270	210	2	195	133
with Korean BBQ	1200	21	5	0	335	6860	106	2	94	134
Boneless Chicken Zingers, Grilled, 5	390	10	2	0	165	710	4	1	2	66
with Buffalo	700	37	13	0	165	3040	18	9	3	69
with Carolina Style BBQ	540	10	2	0	165	2230	41	1	34	66
with Five Alarm	420	10	2	0	165	4100	10	3	4	68
with Garlic Parmesan	970	67	13	0	180	2220	15	2	3	72
with Honey Buffalo	630	13	2	0	165	2980	55	9	39	69
with Hot Honey	820	10	2	0	165	2150	107	1	98	66
with Korean BBQ	610	10	2	0	165	3450	54	1	48	67
Boneless Chicken Zingers, Hand Battered and Fried, 10	1020	23	7	0	345	2350	52	3	8	140
with Buffalo	1640	78	27	0	345	7010	79	19	9	146
with Carolina Style BBQ	1320	23	7	0	345	5380	127	3	72	140

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
with Five Alarm	1090	24	7	0	345	9120	65	7	12	143
with Garlic Parmesan	2180	137	28	0	370	5380	74	5	9	151
with Honey Buffalo	1500	29	7	0	345	6890	155	19	83	146
with Hot Honey	1870	24	7	0	345	5240	257	4	200	140
with Korean BBQ	1460	25	7	0	345	7830	153	3	99	142
Boneless Chicken Zingers, Hand Battered and Fried, 5	510	12	3	0	175	1200	27	2	5	70
with Buffalo	830	39	14	0	175	3520	41	10	5	73
with Carolina Style BBQ	670	12	3	0	175	2710	65	2	37	70
with Five Alarm	550	12	3	0	175	4580	34	4	7	72
with Garlic Parmesan	1100	68	14	0	185	2710	38	3	5	76
with Honey Buffalo	760	15	3	0	175	3460	79	10	42	73
with Hot Honey	940	12	3	0	175	2640	130	2	101	70
with Korean BBQ	740	12	3	0	175	3940	78	2	50	71
Fried Chicken Wings, 12	1290	73	19	0	285	4640	73	3	2	77
with Buffalo	1920	128	40	0	285	9290	100	19	4	83
with Carolina Style BBQ	1590	73	19	0	285	7670	148	3	67	77
with Five Alarm	1360	74	19	0	285	11400	85	7	6	80
with Garlic Parmesan	2460	187	41	0	305	7660	94	5	4	88
with Honey Buffalo	1780	79	19	0	285	9170	176	19	77	83
with Hot Honey	2140	73	19	0	285	7520	278	4	195	77
with Korean BBQ	1730	74	19	0	285	10120	174	3	94	78
Fried Chicken Wings, 6	650	37	10	0	140	2340	38	2	2	39
with Buffalo	970	64	20	0	140	4660	51	10	3	42
with Carolina Style BBQ	800	37	10	0	140	3850	75	2	34	39
with Five Alarm	690	37	10	0	140	5720	44	4	4	40
with Garlic Parmesan	1240	93	20	0	150	3850	49	3	2	44
with Honey Buffalo	900	40	10	0	140	4600	89	10	39	42
with Hot Honey	1080	37	10	0	140	3780	140	2	98	39
with Korean BBQ	870	37	10	0	140	5080	88	2	48	39
Grilled Chicken Wings, 6	420	29	8	0	140	1590	3	1	1	34

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
with Buffalo	740	57	18	0	140	3910	17	9	2	37
with Carolina Style BBQ	580	29	8	0	140	3100	41	1	34	34
with Five Alarm	460	30	8	0	140	4970	10	3	3	36
with Garlic Parmesan	1010	86	19	0	150	3100	14	2	2	39
with Honey Buffalo	670	32	8	0	140	3860	55	9	39	37
with Hot Honey	850	30	8	0	140	3030	106	2	98	34
with Korean BBQ	640	30	8	0	140	4330	54	1	47	35
Plant Based Zingers, 10	1200	65	7	0	0	2840	78	1	1	75
with Buffalo	1830	120	27	0	0	7490	105	17	3	81
with Carolina Style BBQ	1510	65	7	0	0	5860	153	1	66	75
with Five Alarm	1280	66	7	0	0	9600	91	6	5	78
with Garlic Parmesan	2370	179	28	0	20	5860	100	3	3	86
with Honey Buffalo	1690	71	7	0	0	7370	181	17	76	81
with Hot Honey	2060	65	7	0	0	5720	283	2	194	75
with Korean BBQ	1650	66	7	0	0	8320	179	1	93	77
Plant Based Zingers, 5	610	33	3	0	0	1440	40	1	1	38
with Buffalo	920	60	14	0	0	3760	54	9	2	41
with Carolina Style BBQ	760	33	3	0	0	2950	78	1	34	38
with Five Alarm	650	33	4	0	0	4820	47	3	3	39
with Garlic Parmesan	1190	89	14	0	10	2950	51	2	2	43
with Honey Buffalo	850	36	4	0	0	3700	92	9	39	41
with Hot Honey	1040	33	3	0	0	2880	143	1	98	38
with Korean BBQ	830	33	3	0	0	4180	91	1	47	39
Signature Dry Rub Wings, 12	900	59	16	0	285	3910	16	6	2	71
with Buffalo	1530	114	37	0	285	8560	43	22	3	77
with Carolina Style BBQ	1200	59	16	0	285	6940	91	7	66	71
with Five Alarm	970	60	17	0	285	10680	29	11	6	74
with Garlic Parmesan	2070	173	38	0	305	6930	38	9	3	81
with Honey Buffalo	1390	65	17	0	285	8440	119	23	76	77
with Hot Honey	1750	60	16	0	285	6790	221	7	194	71

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
with Korean BBQ	1340	61	17	0	285	9390	117	7	93	72
Signature Dry Rub Wings, 6	460	30	8	0	140	1970	9	4	2	36
with Buffalo	770	57	18	0	140	4300	23	12	2	39
with Carolina Style BBQ	610	30	8	0	140	3490	47	4	34	36
with Five Alarm	490	30	8	0	140	5360	16	6	4	37
with Garlic Parmesan	1040	87	19	0	150	3480	20	5	2	41
with Honey Buffalo	700	33	8	0	140	4240	61	12	39	39
with Hot Honey	880	30	8	0	140	3420	112	4	98	36
with Korean BBQ	680	30	8	0	140	4710	60	4	47	36
Grilled Chicken Wings, 12	830	59	16	0	285	3140	4	1	1	68
with Buffalo	1460	114	37	0	285	7790	31	17	3	74
with Carolina Style BBQ	1140	59	16	0	285	6160	79	1	66	68
with Five Alarm	910	60	17	0	285	9900	16	6	5	71
with Garlic Parmesan	2000	172	38	0	305	6160	26	4	3	78
with Honey Buffalo	1320	65	17	0	285	7670	107	18	76	74
with Hot Honey	1690	59	16	0	285	6020	209	2	194	68
with Korean BBQ	1280	60	16	0	285	8620	105	2	93	69
Wing Sauces, 1 fl oz	0	0	0	0	0	0	0	0	0	0
with Buffalo	100	9	3.5	0	0	780	5	3	0	0
with Carolina Style BBQ	50	0	0	0	0	500	13	0	11	0
with Five Alarm	10	0	0	0	0	1130	2	<1	<1	<1
with Garlic Parmesan	190	19	3.5	0	<5	500	4	<1	0	2
with Honey Buffalo	80	1	0	0	0	760	17	3	12	1
with Hot Honey	140	0	0	0	0	480	34	0	32	0
with Korean BBQ	70	0	0	0	0	910	17	0	15	0

Soups & Salads

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Add 6 Grilled Shrimp	100	2	0	0	145	140	1	0	0	19

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Add-Ons for Salads	0	0	0	0	0	0	0	0	0	0
with Fresh Avocado	140	11	2	0	0	5	7	5	1	2
with Gardein Plant Based Zingers	480	26	3	0	0	1120	30	0	0	30
with Grilled Chicken	380	22	2	0	100	1270	2	0	1	39
with Grilled Shrimp Skewer	100	2	0	0	145	530	1	0	0	19
with Roasted Salmon	340	22	4	0	100	200	1	0	0	34
Caesar Salad, Full	380	33	7	0	20	930	14	4	4	7
Carolina Ale House Chili, Bowl	300	11	4	0	35	1210	33	7	4	17
Carolina Ale House Chili, Cup	200	7	3	0	25	840	22	5	3	12
French Onion Soup	310	18	8	0	35	1240	19	2	5	14
Grilled Chicken Cobb Salad	1140	74	33	0	430	3500	24	11	10	90
with Balsamic Vinaigrette	1500	110	35	0	430	3680	35	11	19	91
with Blue Cheese	1480	107	39	0	470	3800	25	11	10	93
with Chipotle Ranch	1400	99	37	0	460	3890	27	11	11	91
with Creamy Ranch	1390	99	37	0	460	3870	26	11	11	91
with Honey Mustard	1450	102	37	0	460	3790	31	11	14	91
Grilled Chicken, Add On for Salads	380	22	2	0	100	1270	2	0	1	39
House Garden Salad	160	8	3	0	10	240	13	4	3	8
with Add Grilled Chicken	530	30	5	0	110	1510	15	4	4	47
with Balsamic Vinaigrette	520	43	5	0	10	410	24	4	13	8
with Blue Cheese	490	41	9	0	50	540	14	4	4	10
with Chipotle Ranch	420	33	7	0	40	630	16	4	4	9

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
with Honey Mustard	470	36	7	0	40	530	20	4	8	8
with Ranch	410	32	7	0	40	600	15	4	4	9
Salad Dressings	0	0	0	0	0	0	0	0	0	0
with Balsamic Vinaigrette	360	35	3	0	0	170	10	0	10	0
with Blue Cheese	340	33	6	0	40	300	1	0	0	2
with Chipotle Ranch	260	25	5	0	30	380	2	0	1	1
with Creamy Ranch	260	24	5	0	30	360	2	0	1	1
with Honey Mustard	310	28	4	0	30	290	7	0	4	0
Southern Fried Chicken Salad	1030	41	26	0	450	3880	58	6	9	101
with Balsamic Vinaigrette	1390	77	29	0	450	4040	69	6	18	102
with Blue Cheese	1360	74	32	0	485	4180	59	6	9	103
with Chipotle Ranch	1280	66	31	0	480	4260	61	6	10	102
with Creamy Ranch	1280	66	31	0	480	4240	60	6	10	102
with Honey Mustard	1330	69	30	0	475	4160	65	6	13	102

Handhelds - listed without sides

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Buffalo Chicken Sandwich	1220	51	11	1	30	1700	81	6	10	15
with Fried Plant Based Chicken Tenders	1000	64	12	1	30	2260	96	6	10	30
Buffalo Zinger Wrap	1190	69	25	0	151	3530	83	8	5	55
with Fried Gardein Plant Based Zinger	1160	76	25	0	80	3090	75	7	3	40
Classic Philly Cheesesteak	1010	50	20	0	135	2760	74	5	11	63

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken Club	800	47	9	1	90	1700	51	3	8	36
with Gardein Plant Based Zingers	830	47	9	1	40	1620	65	3	8	31
Ultimate Club Sandwich	1000	56	13	0	135	3060	69	3	9	44

Tacos - listed without sides

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Tacos, Three	1170	72	11	0	200	1920	69	12	9	56
Chicken Tacos, Two	780	48	8	0	135	1280	46	8	6	37
Island Style Fish Tacos, Three	1250	61	10	0	70	3280	129	20	28	42
Island Style Fish Tacos, Two	940	43	8	0	63	2810	101	14	20	38
Island-Style Shrimp Tacos, Three	1270	62	10	0	240	3390	128	20	26	49
Island-Style Shrimp Tacos, Two	780	35	6	0	160	2260	82	11	17	32
Quesabirria Tacos, Three	1040	61	10	0	110	2210	74	12	10	43

Fresh Ground Burgers - listed without sides

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Beyond Burger Patty	420	30	9	0	0	590	9	3	0	30
Classic Smash Burger	720	49	12	0	98	1529	40	2	7	30
French Onion Patty Melt	1550	99	33	0	270	3086	76	4	9	78
Pub Burger	1290	79	23	1	190	3493	78	4	12	59
The Varsity Cheeseburger	850	48	17	1	148	2082	51	3	7	50

Carolina Combos

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Carolina Combos (Sides Only)	390	22	5	0	5	940	42	6	11	5
with BBQ Baby Back Ribs	560	36	10	0	55	1050	45	6	13	14
with BBQ Chicken Breast	800	44	7	0	105	2360	53	6	20	44
with Fried Chicken Tenders	790	30	8	0	115	2440	77	7	14	50
with Fried Shrimp	640	27	6	0	155	2250	71	7	11	28
with Grilled Chicken Tenders	610	28	6	0	105	1340	42	6	11	44
with Grilled Sirloin Steak	810	50	15	0	95	1940	47	6	14	39

Entrees

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
28 Day Aged Ribeye	1820	114	34	0	490	3480	77	10	12	104
with Grilled Shrimp Skewer	1920	115	35	0	635	3620	78	10	12	124
Bacon, Add On	70	6	2	0	20	260	0	0	0	5
Baja Chicken and Shrimp Bowl	850	52	8	0	165	2380	39	5	4	54
Beer-Battered Fish and Chips	1180	64	11	0	130	3340	96	8	14	48
Hand-Battered Chicken Tenders	1240	61	13	0	180	3230	95	7	19	65
Hibachi Steak and Shrimp Bowl	860	38	13	0	235	3160	64	4	29	61
Mariner's Platter	1380	67	13	0	235	4970	135	10	30	57
with Lemon Pepper	1410	67	13	0	235	6450	141	11	30	58
with Old Bay Seasoning	1400	68	13	0	235	7390	139	10	30	58
Roasted Salmon	730	49	9	0	110	1010	32	4	5	41

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Slow Roasted Carolina Baby Back Ribs, Full Rack	1240	76	25	0	190	2900	93	7	53	42
Slow Roasted Carolina Baby Back Ribs, Half Rack	820	49	15	0	100	1920	67	6	32	23
Smothered Cheesy Bacon Chicken	1840	115	57	0	395	4390	88	10	8	94

Pasta

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Basil Pesto Pasta	960	53	9	0	20	1080	104	11	5	21
Buffalo Zinger Mac and Cheese	1680	79	42	0	290	3420	152	10	13	72
Cajun Shrimp Pasta	1320	63	36	0	310	1680	127	11	15	50
Fried Chicken Alfredo	1610	68	38	0	275	2840	161	9	16	75

Sides

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Homemade Coleslaw	130	8	1	0	5	280	11	2	9	1
Seasoned Black Beans	170	2	0	0	0	580	27	8	0	10
Vegetable Rice Pilaf	120	3	1	0	0	340	20	0	1	2

Premium Sides

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad, Side	340	31	6	0	20	860	10	3	4	5
Crispy Texas Pete Potatoes	720	43	11	0	60	1810	61	6	4	9

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Garden Salad, Side	90	4	1	0	5	140	8	3	2	4
with Balsamic Vinaigrette	450	40	4	0	5	310	19	3	12	5
with Blue Cheese	420	37	7	0	45	440	9	3	2	7
with Chipotle Ranch	350	29	6	0	35	520	11	3	3	5
with Creamy Ranch	340	29	6	0	35	500	10	3	3	5
with Honey Mustard	400	32	6	0	35	430	15	3	6	5
Garlic Steamed Broccoli	90	5	1	0	0	260	8	2	2	4
Hand Cut Fresh Mixed Fruit	60	0	0	0	0	10	14	1	12	1
Mac and Cheese	500	26	17	0	90	280	48	2	4	11
Pub Chips	170	9	2	0	0	490	19	2	0	2
Beer-Battered Fries	260	15	4	0	0	660	30	3	2	3

Desserts

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Brookie of the Year	880	39	21	0	160	500	124	3	89	10
Decadent Chocolate Cake a la Mode	1600	83	34	0	180	970	202	4	158	15
Decadent Chocolate Layer Cake	1410	72	27	0	140	900	182	4	141	12
Macked Out Doughnuts	1070	49	25	0	50	670	139	3	88	11

Beverages

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Aquafina Bottled Water	0	0	0	0	0	0	0	0	0	0

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Brewed Sweetened Iced Tea	100	0	0	0	0	5	26	0	26	0
Brewed Unsweetend Iced Tea	0	0	0	0	0	10	0	0	0	0
Cheerwine	170	0	0	0	0	25	42	0	42	0
Coffee	0	0	0	0	0	5	0	0	0	0
Cranberry Juice	200	0	0	0	0	55	50	0	50	0
Diet Dr Pepper	0	0	0	0	0	55	0	0	0	0
Diet Pepsi	0	0	0	0	0	45	0	0	0	0
Dr Pepper	160	0	0	0	0	55	41	0	41	0
Grapefruit Juice	150	0	0	0	0	45	38	0	33	0
Hot Tea	0	0	0	0	0	5	0	0	0	0
Mountain Dew	160	0	0	0	0	75	47	0	47	0
Orange Juice	160	0	0	0	0	0	39	0	33	3
Pepsi	150	0	0	0	0	40	41	0	41	0
Pineapple Juice	210	0	0	0	0	0	53	0	45	0
Sierra Mist	150	0	0	0	0	40	39	0	39	0
Tropicana Pink Lemonade	160	0	0	0	0	90	41	0	39	0
Whole Milk	240	12	8	0	55	190	20	0	18	12

Kids Menu

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Apple Juice	160	0	0	0	0	45	42	0	42	0
Kids Applesauce	45	0	0	0	0	10	11	2	5	0
Kids Broccoli	30	0	0	0	0	25	4	2	1	3
Kids Caribbean Grilled Chicken	500	22	2	0	100	2040	33	1	28	40
with Fruit Cup	560	22	2	0	100	2050	45	2	38	41
Kids Cheerwine	100	0	0	0	0	15	25	0	25	0
Kids Cheese Pizza	460	21	10	0	40	990	48	2	8	21
with Fruit Cup	510	21	10	0	40	1000	60	3	19	22

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Cheeseburger Quesadilla	510	28	12	0	110	1660	30	3	2	33
with Fruit Cup	560	28	12	0	110	1670	43	4	12	33
Kids Cookie Madness Parfait	390	16	9	0	55	135	55	0	49	5
Kids Diet Dr Pepper	0	0	0	0	0	30	0	0	0	0
Kids Diet Pepsi	0	0	0	0	0	25	0	0	0	0
Kids Dr Pepper	100	0	0	0	0	30	24	0	24	0
Kids Fish and Chips	800	48	8	0	90	2110	55	4	4	31
with Fruit Cup	850	48	8	0	90	2120	68	5	15	32
Kids Fresh Fruit	50	0	0	0	0	10	12	1	11	1
Kids Fried Chicken Tenders	730	35	7	0	135	1780	48	2	14	45
Kids Fries	160	9	2	0	0	400	18	2	1	2
Kids Grilled BBQ Chicken	520	22	2	0	100	1730	37	1	32	40
Kids Grilled Cheese Sandwich	570	22	8	0	40	1390	75	3	14	18
with Dill Pickle Slices	570	22	8	0	40	1530	75	3	14	18
with Fruit Cup	620	22	8	0	40	1400	87	4	25	19
Kids Grilled Chicken Tenders	550	33	5	0	125	690	14	1	11	40
Kids Little Cheese Burger	520	28	9	0	85	1030	37	2	10	29
Kids Little Mac and Cheese	530	26	17	0	90	280	55	3	10	12
Kids Milk	240	12	8	0	55	190	20	0	18	12
Kids Mountain Dew	100	0	0	0	0	45	28	0	28	0
Kids Pasta with Butter	820	58	10	0	0	500	64	3	5	11
with Fruit Cup	880	58	10	0	0	520	76	4	15	11
Kids Pasta with Cheese Sauce	520	15	8	0	40	830	75	3	10	20
with Fruit Cup	570	15	8	0	40	840	87	4	21	20
Kids Pasta with Marinara Sauce	380	2	1	0	0	620	74	3	13	14

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
with Fruit Cup	430	3	1	0	0	620	86	4	23	14
Kids Penne Pasta	360	7	2	0	0	680	60	5	18	12
Kids Pepperoni Pizza	520	26	12	0	55	1220	48	2	8	24
with Fruit Cup	570	26	12	0	55	1230	61	3	19	24
Kids Pepsi	90	0	0	0	0	25	24	0	24	0
Kids Popcorn Shrimp	600	38	7	0	210	1470	30	2	6	28
with Fruit Cup	650	38	7	0	210	1480	42	2	17	28
Kids Rice	100	2	1	0	0	290	17	0	0	2
Kids Salad	80	5	3	0	15	130	5	2	1	5
Kids Sierra Mist	90	0	0	0	0	25	23	0	23	0
Kids Stix and Dip	400	37	7	0	45	600	7	1	4	2
Kids Sundae	240	8	5	0	30	65	37	0	36	3
Kids Tropicana Pink Lemonade	100	0	0	0	0	55	24	0	23	0
Kids Wings	700	48	11	0	125	1890	32	1	7	27
with Fruit Cup	760	48	11	0	125	1900	44	2	18	28
Kids Cheese Quesadilla	430	24	11	0	50	790	35	4	6	19
Kids Meatball and Penne	520	20	7	0	35	1020	62	5	18	20