



Ranch 1 Nutritional Statement

																		
	Weight	Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)		
Sandwiches																		
R1 - Sandwich, Chicken & Cheese	11.2 oz	389	107	12	4	0	84	39	2	5	33	747	6	881	233	3		
R1 - Sandwich, Chicken Philly	9.2 oz	410	119	13	4	0	79	40	2	4	36	314	29	777	179	3		
R1 - Sandwich, Crispy Chicken	11.4 oz	711	351	39	6	0	103	60	3	4	33	569	6	950	41	4		
R1 - Sandwich, Crispy Spicy Chicken	11.4 oz	543	150	17	3	0	83	68	3	7	34	669	10	1068	41	4		
R1 - Sandwich, Grilled Spicy Chicken	10.3 oz	363	66	7	2	0	69	46	2	7	31	647	10	951	33	3		
R1 - Sandwich, Ranch 1 Classic	9.4 oz	683	426	47	8	0	79	37	2	3	29	708	5	750	50	3		
Other Items																		
R1 - Bowl, Chicken Teriyaki	19.3 oz	504	62	7	1	0	69	78	1	10	34	722	22	3,415	73	6		
R1 - Fajitas, Chicken	10.0 oz	540	217	24	9	0	75	53	3	4	30	2,920	10	969	320	1		
R1 - Platter, Chicken - Rice	10.9 oz	273	57	6	1	0	69	28	3	4	28	11,405	37	657	46	2		
R1 - Chicken, Popcorn - Kids Meal	2.0 oz	112	36	4	0	0	19	10	0	0	9	54	1	436	11	1		
R1 - Chicken, Popcorn - Large	7.5 oz	420	134	15	1	0	71	38	1	0	34	202	2	1633	40	4		
R1 - Chicken, Popcorn - Small	5.5 oz	325	103	12	1	0	55	30	1	0	27	156	2	1263	31	3		
R1 - Chicken, Tender - Kids Meal	2.0 oz	111	36	4	1	0	29	9	0	0	10	10	0	138	4	1		
R1 - Chicken, Tenders	5.6 oz	387	124	14	2	0	99	32	1	1	35	33	0	481	14	2		
R1 - Chicken on Mixed Greens	21.0 oz	340	173	19	2	0	72	17	7	9	29	6085	41	459	106	3		
R1 - Wrap, Grilled Chicken Caesar	13.2 oz	746	367	41	9	0	105	55	4	2	44	5242	21	1464	376	2		
Fries																		
R1 - Fries, Cheese, Lrg	14.0 oz	755	378	42	9	0	17	80	8	3	13	107	11	1951	126	2		
R1 - Fries, Cheese, Reg	9.0 oz	493	242	27	6	0	9	54	6	2	8	54	7	1129	63	2		
R1 - Fries, Kids Meal	4.0 oz	279	136	15	3	0	0	31	4	1	4	0	5	351	0	1		
R1 - Fries, Large	8.0 oz	530	262	29	5	0	0	58	8	3	8	0	9	658	0	2		
R1 - Fries, Medium	5.8 oz	381	184	21	3	0	0	43	6	2	6	0	7	483	0	1		
Salads - Completed																		
R1 - Salad, Crispy Chicken Club	13.6 oz	495	233	26	5	0	116	29	4	4	39	6530	29	396	72	4		
R1 - Salad, Grilled Chicken Caesar	11.3 oz	223	68	8	1	0	71	13	5	2	28	11,549	48	344	98	3		
R1 - Salad, Mandarin Chicken	14.5 oz	553	282	31	5	0	0	62	14	19	15	9,099	55	176	169	3		
R1 - Salad, Southwest Chicken Chop	17.6 oz	681	390	43	6	0	104	44	7	7	33	6,222	30	1,165	90	3		
Salads - Without Meats																		
R1 - Salad Base, Caesar	7.0 oz	34	5	1	0	--	0	7	4	2	2	11524	48	16	65	2		
R1 - Salad Base, Crispy Chicken Club	7.6 oz	35	4	0	0	0	0	7	3	4	2	6507	28	45	58	1		
R1 - Salad Base, Mandarin Chicken	14.7 oz	112	5	1	0	0	0	26	6	20	4	10913	93	62	85	2		
R1 - Salad Base, Southwest Chicken Chop	11.7 oz	347	264	29	4	0	35	19	6	6	5	6222	29	618	68	2		
R1 - Salad base, Mixed Greens - w/o cheese	17.0 oz	194	122	14	2	0	3	17	7	9	5	6084	41	224	105	3		
R1 - Salad Blend	10.3 oz	45	6	1	0	--	0	9	5	4	3	9000	38	26	74	2		
Dressings/Sauces																		
R1 - Dressing, Balsamic Vinaigrette	1.0 oz	71	68	8	1	0	0	1	0	0	0	0	0	42	0	0		
R1 - Dressing, Classic Caesar	1.0 oz	103	102	11	1	0	7	1	0	0	1	0	0	117	0	0		
R1 - Dressing, Salad	1.0 oz	201	200	22	3	0	6	0	0	0	0	0	0	157	0	0		
R1 - Sauce, Ancho Chile Pepper	1.0 oz	134	130	14	2	0	17	1	0	1	1	50	0	179	0	0		
R1 - Sauce, BBQ	1.0 oz	84	36	4	1	0	0	12	0	8	0	81	0	134	8	0		
R1 - Sauce, Honey Mustard	1.0 oz	110	70	8	1	0	0	9	0	6	0	0	0	95	9	0		
R1 - Sauce, Pepper & Onion Saute	1.0 oz	143	141	16	2	0	0	1	0	0	0	0	0	192	0	0		
R1 - Sauce, Roasted Red Pepper	1.0 oz	232	232	26	4	0	6	0	--	--	0	64	1	75	13	0		
R1 - Sauce, Teriyaki	1.0 oz	24	0	0	0	0	0	5	0	5	1	0	0	973	8	0		

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Individual Items																	
R1 - Steamed Vegetables	3.0 oz	27	2	0	0	0	0	6	2	2	2	2034	57	31	33	1	
R1 - Tomato, Onion & Carrot Fajita Mix	3.2 oz	20	2	0	0	0	0	5	1	3	1	2520	10	12	12	0	
R1 - Tortilla Strips	1.0 oz	93	37	4	1	0	0	12	1	0	2	0	0	154	10	0	
R1 - Green Mix for Sandwiches	2.5 oz	31	21	2	0	0	1	2	1	1	1	1000	5	21	16	0	
R1 - Peppers & Onions	1.6 oz	27	14	2	0	--	0	3	1	2	0	172	23	18	7	0	
R1 - Rice	4.0 oz	97	3	0	0	0	0	21	0	0	3	0	0	395	13	1	
R1 - Roll, 6"	2.5 oz	175	13	1	0	0	0	35	1	2	5	1	0	386	19	2	
R1 - Butter	0.2 oz	36	36	4	3	--	11	0	0	0	0	125	0	1	1	0	
Proteins																	
R1 - Chicken, Crispy	5.0 oz	326	136	15	2	0	83	22	1	1	27	23	0	351	10	2	
R1 - Chicken, Grilled	3.9 oz	146	52	6	1	0	69	0	0	0	24	0	0	235	1	1	
R1 - Chicken, Popcorn	5.5 oz	325	103	12	1	0	55	30	1	0	27	156	2	1263	31	3	
Beverages																	
R1 - Beverage, Barg's Root Beer, Lrg	32.0 floz	333	0	0	0	0	0	90	0	90	0	0	0	72	0	0	
R1 - Beverage, Barg's Root Beer, Med	24.0 floz	222	0	0	0	0	0	60	0	60	0	0	0	48	0	0	
R1 - Beverage, Barg's Root Beer, Sm	16.0 floz	167	0	0	0	0	0	45	0	45	0	0	0	36	0	0	
R1 - Beverage, Barg's Root Beer, Kids	12.0 floz	111	0	0	0	0	0	30	0	30	0	0	0	48	0	0	
R1 - Beverage, Coca-Cola, Lrg	32.0 floz	310	0	0	0	0	0	86	0	86	0	0	0	20	0	0	
R1 - Beverage, Coca-Cola, Med	24.0 floz	210	0	0	0	0	0	58	0	58	0	0	0	15	0	0	
R1 - Beverage, Coca-Cola, Sm	16.0 floz	150	0	0	0	0	0	40	0	40	0	0	0	10	0	0	
R1 - Beverage, Coca-Cola, Kids	12.0 floz	110	0	0	0	0	0	29	0	29	0	0	0	5	0	0	
R1 - Beverage, Diet Coke, Lrg	32.0 floz	3	0	0	0	0	0	0	0	0	0	0	0	12	0	0	
R1 - Beverage, Diet Coke, Med	24.0 floz	2	0	0	0	0	0	0	0	0	0	0	0	8	0	0	
R1 - Beverage, Diet Coke, Sm	16.0 floz	2	0	0	0	0	0	0	0	0	0	0	0	6	0	0	
R1 - Beverage, Diet Coke, Kids	12.0 floz	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0	
R1 - Beverage, Sprite, Lrg	32.0 floz	310	0	0	0	0	0	83	0	83	0	0	0	80	0	0	
R1 - Beverage, Sprite, Med	24.0 floz	210	0	0	0	0	0	56	0	56	0	0	0	55	0	0	
R1 - Beverage, Sprite, Sm	16.0 floz	150	0	0	0	0	0	40	0	40	0	0	0	30	0	0	
R1 - Beverage, Sprite, Kids	12.0 floz	110	0	0	0	0	0	30	0	30	0	0	0	28	0	0	
The Nutritional Information Ranch 1 has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, difference in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.																	