



Nutrition information as featured on  
**HealthyDiningfinder.com**  
 dietitian-approved menu items



Note: Nutrition values represent approximations only.

	Cal	Fat (g)	Sat F (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sug (g)	Pro (g)	Fr/Veg (cup)
<b>Grilled Chicken - Breast</b>	180	4	1	110	440	0	0	0	35	N/A
<b>Meal Combination #1 (One grilled chicken breast, one grilled chicken wing, mashed potatoes with gravy and house side salad with fat free ranch dressing)</b>	440	12.5	3	160	1570	30	2	4	49	N/A
<b>Meal Combination #2 (One grilled chicken breast, mashed potatoes with gravy, sweet kernel corn and green beans)</b>	445	9	2	110	1370	48	5	5	42	N/A
<b>Meal Combination #3 (One grilled chicken thigh, two grilled chicken drumsticks, sweet kernel corn and house salad with fat free ranch dressing)</b>	440	17.5	4.5	180	1140	33	3	8	41	N/A
<b>Mashed Potatoes with Gravy</b>	130	4.5	1	0	550	20	1	0	2	N/A
<b>Corn on the Cob ( 5.5 ") - SPECIAL REQUEST</b> Request no butter or seasoning.	140	1	0	0	5	33	4	5	5	N/A
<b>Sweet Kernel Corn</b>	110	0.5	0	0	0	23	2	4	4	N/A
<b>House Side Salad without Dressing</b>	15	0	0	0	10	2	1	2	1	N/A
<b>Green Beans</b>	25	0	0	0	380	5	2	1	1	N/A
<b>KFC Snacker®, Honey BBQ</b>	210	3	1	35	470	32	2	12	13	N/A
<b>Honey BBQ Sandwich</b>	310	4	1	70	810	42	1	19	23	N/A
<b>Tender Roast® Sandwich</b>	400	15	3	90	810	29	1	6	34	N/A
<b>Toasted Wrap with Tender Roast® Filet without Sauce</b>	250	8	3.5	55	650	24	1	2	22	N/A

SPECIAL REQUEST: You must order according to the SPECIAL REQUEST instructions to obtain the nutrition values listed here.

\*If you request no added salt

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