



Sonic



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
French Toast Sticks - 4pc no syrup	480	4.5	460	54	3	8
Bacon Jr Breakfast Burrito	270	6	870	22	1	13
Burgers						
Jr. Double Burger-No cheese	320	4.5	560	23	2	21
Sonic Cheese Burger-No Cheese	630	7.5	1050	50	2	27
Chicken/Fish						
Crispy Chicken Sandwich	520	4.5	1470	52	4	24
Crispy Tenders 3 pc	260	1	730	16	2	21
Crispy Tenders 5 pc	430	2	1210	27	3	35
Fish Sandwich	540	5	1240	57	4	18

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Kids Meals						
Crispy Tenders (2)	170	0.5	490	11	1	14
Tree Top Apple Sauce	45	0	0	13	2	0
Groovy French Fries (small)	260	2.5	570	28	4	2
Tots (small)	250	2.5	620	30	3	2
Dressings						
Honey Mustard Sauce	90	1.5	170	6	0	0
BBQ Sauce	40	0	360	9	0	0
Sweet Relish	10	0	55	3	0	0
Marinara	15	0	135	4	0	0
Salsa de Sonic	5	0	140	1	0	0

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