



Jack in the Box



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Classic French Toast Sticks (3 pc)	230	1.5	240	26	1	4
Bacon Breakfast Jack	380	7	850	30	1	17
Hashbrown (1)	190	1	350	17	2	2
Strawberry Jam (1 packet)	40	0	0	10	0	0
*Tree Top Applesauce makes great topping for pancakes and dip for French Toast Sticks						
Burgers & More						
Hamburger	330	5	680	30	1	13
Jr. Jumbo Jack	400	6	700	31	1	14
Chicken & More						
Chicken Nuggets (4)	190	2	480	10	1	8
Chicken Sandwich	560	6	940	40	2	15
Jack's Spicy Chicken Sandwich (no cheese)	690	6	1360	51	3	27
Teriyaki Grilled Chicken Bowl-Brown Rice	580	2	1910	95	7	29
Salads (no dressing or croutons)						
Side Salad (no dressing or croutons)	50	2	90	3	1	3
Garden Salad with Grilled Chicken	210	4.5	800	9	3	25
Southwest Salad with Grilled Chicken	290	4.5	800	25	7	30
Wheat Cesar Croutons	60	0	160	9	1	2
Hidden Valley Balsaic Vinagrette	150	2.5	250	4	0	0

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Snacks and Sides						
Egg Roll (1)	210	2.5	490	20	2	7
Taco, Regular (1)	170	3	360	16	2	6
French Fries (small)	300	1	540	40	3	3
Two Tacos	340	6	720	32	4	12
Tree Top Apple Sauce Pouch	45	0	0	10	1	0
Panko Onion Rings	440	2	620	52	3	6
Seasoned Curly Fries (small)	280	1.5	610	30	3	3
Dipping Sauce						
BBQ Sauce Dip (cup)	40	0	140	9	0	0
Honey Garlic Srirachah Dip (cup)	35	0	180	7	0	0
Honey Mustard Dip (cup)	45	0	180	8	0	0
Sweet N' Sour Dipping Sauce (cup)	35	0	120	8	0	0
Fire Roasted Salsa (1 oz)	10	0	120	2	0	0

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