



Sonic

Items	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. Burger	340	4.5	690	32	1	14
Veggie Burger w Ketchup & Mayo	500	3	1780	70	6	14
Hatch Green Chili Burger w/o Cheese	620	8	1000	53	2	27
Chicken						
Classic Crispy Chicken Sandwich	550	6	870	48	4	21
Grilled Chicken Slinger	350	3.5	680	33	3	14
Jumbo Popcorn Chicken Small	330	3.5	1100	24	3	16
Crispy Chicken Wrap	510	5	1210	48	2	20
Crispy Tenders 5 pc	430	2	1210	27	3	35
Crispy Tenders 3 pc	260	1	730	16	2	21
Fish						
Fish Sandwich	540	5	1240	57	4	18
Kids Meals						
Crispy Tenders (2)	170	0.5	490	11	1	14
Snack & Sides						
Tree Top Apple Sauce	45	0	0	13	2	0
Small Fries	250	2	260	33	3	3
Dressings						
Honey Mustard	90	1.5	170	6	0	0
BBQ Sauce	40	0	360	9	0	0
Sweet Relish	10	0	55	3	0	0

Fall 2023

