

Jack in the Box

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Mini Pancakes (8) - no syrup	140	0	350	28	1	4
Bacon Breakfast Jack	380	7	850	30	1	17
Burgers & More						
Hamburger	330	5	680	30	1	13
Jr. Jumbo Jack	400	6	700	31	1	14
Chicken & More						
Chicken Nuggets (5)	240	2	600	13	1	9
Chicken Sandwich	510	5	900	40	2	15
Jack's Spicy Chicken (no cheese)	620	4.5	1320	50	3	31
Chicken Fajita Pita (with salsa)	330	4.5	790	35	4	27
Chicken Teriyaki Bowl	630	1.5	2120	109	3	34
Salads (no dressing or croutons)						
Grilled Chicken Salad with Julienne Chicken	230	3.5	590	12	4	23
Gourmet Seasoned Croutons	70	0	150	9	0	1
Low Fat Balsamic Vinaigrette	25	0	370	3	0	0
Snacks & Sides						
Egg Roll (1)	210	2.5	490	20	2	7
Taco (1)	170	3	360	16	2	6
French Fries (small)	300	1	540	40	3	3
Side Salad (no dressing or croutons)	20	0	10	4	2	1
Two Tacos	340	6	720	32	4	12
Tree Top Apple Sauce Pouch	45	0	0	10	1	0