



Dairy Queen

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Pancakes (3)	260	1.5	530	46	3	7
Hash browns	180	2	360	18	2	1
Ham (1)	30	0.5	360	1	0	5
Chicken & Salads						
Chicken BLT Salad - Grilled	280	4.5	980	12	3	34
Chicken Strip (3)	430	3.5	950	41	2	19
Sandwiches						
Chicken Sandwich - Grilled	400	2.5	930	37	1	28
Crispy Chicken Sandwich	550	4.5	940	51	3	24
Kid's Meals						
Chicken Strips (2)	280	2.5	640	28	1	13
Hamburger	320	5	870	36	1	15
Sides						
Side Salad	20	0	10	4	1	1
French Fries (kids)	170	1	370	23	2	3
Applesauce	45	0	0	11	2	0
Banana	110	0	0	27	3	1
Baked Lay's Chips	130	0	150	26	2	2
Condiments/Dressings						
BBQ Dipping Sauce Cup	90	0	430	21	1	1
Marzetti Fat-Free California French Style Dressing	40	0	270	10	0	0
Light Italian	15	0	730	2	0	0

