



Dairy Queen

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Pancake Platter (3)	260	1.5	530	46	3	7
Hash browns	180	2.0	360	18	2	1
Ham (1)	30	0	360	1	0	5
Chicken & Salads						
Chicken BLT Salad - Grilled	280	4.5	980	12	3	34
Chicken Strip (3)	360	2.5	990	28	2	22
Sandwiches						
Chicken Sandwich - Grilled	390	2.5	970	34	1	29
Crispy Chicken Sandwich	550	4.5	980	49	3	25
Kid's Meals						
Chicken Strips (2)	240	2	660	19	1	15
Hamburger	350	6	670	35	1	20
Sides						
Side Salad	25	0	15	5	2	1
French Fries (kids)	180	1	370	24	2	2
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



Fall 2020