



# Dairy Queen



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Breakfast</b>						
Pancakes (3)	260	1.5	530	46	3	7
Hash Browns	180	2	360	18	2	1
Ham (1)	30	1	360	1	0	5
Eggs (2)	150	3	340	2	0	12
<b>Chicken &amp; Salads</b>						
Side Salad	20	0	10	4	1	1
Crispy Chicken Strips Salad	430	7	1030	35	3	24
Chicken Strip (3)	430	3.5	950	41	2	19
<b>Sandwiches</b>						
Hamburger	320	5	870	36	1	15
Original Chicken Strip Sandwich	550	4.5	990	62	3	18
Spicy Chicken Strip Sandwich	530	4	1060	63	3	18
<b>Kid's Meals</b>						
Chicken Strips (2)	280	2.5	640	28	1	13
Hamburger	320	5	870	36	1	15
<b>Sides</b>						
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
Doritos Nacho Cheese Tortilla Chips	240	2	360	28	2	3
<b>Condiments/ Dressings</b>						
BBQ Dipping Sauce Cup	90	0	430	21	1	1
Light Italian	15	0	730	2	0	0

Spring 2026