

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
Jr. Breakfast Burrito	290	7	820	22	1	12
Burgers						
Jr. Burger	330	4.5	610	32	2	15
Veggie Burger w/ Mayo	530	4	1750	69	7	14
Sonic Burger w/ Mustard	520	7	860	53	3	27
Chicken						
Classic Crispy Chicken Sandwich	550	6	870	48	4	21
Classic Grilled Chicken Sandwich	470	4	1340	39	3	30
Crispy Tender Sandwich	440	3	910	41	2	19
Jumbo Popcorn Chicken Small	330	3.5	1100	24	3	16
Grilled Chicken Wrap	480	4	1720	39	2	31
Crispy Tenders 5 pc	430	2	1210	27	3	35
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