



Burger King

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
French Toast Sticks, 3 pc	350	2	220	57	1	4
French Toast Sticks, 5 pc	530	4	350	79	2	6
Burgers						
Hamburger	250	4	560	30	1	13
Whopper Jr. Sandwich	330	5	560	30	2	15
Chicken and More						
Chicken Nuggets- 4 pc	190	2.5	490	12	1	9
Chicken Nuggets- 8pc	390	5	990	23	2	18
Chicken Junior	440	5	700	39	2	13
Sides						
Onion Rings- Value	200	1.5	370	27	3	3
French Fries-Value (unsalted)	230	1	170	33	3	3
Mott's Natural Applesauce	50	0	0	13	1	0
Fat Free Milk	90	0	125	13	0	9
Dressing and Dips						
Breakfast Syrup	120	0	15	30	0	0
BBQ Dipping Sauce, 1 oz	40	0	310	11	0	0

**The Impossible Whopper Sandwich is a plant-based option but was not included due to its higher saturated fat content (11 grams) when compared to selected items.*

Fall 2023