

Wendy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Apple Bites	35	0	0	8	1	0
Bacon, Egg & Cheese Muffin	380	7	820	30	1	17
Hamburgers						
Jr. Hamburger	250	4	440	25	1	13
Kid's Hamburger	250	4	370	25	1	12
Chicken						
Crispy Chicken Sandwich	330	3	540	32	4	13
Spicy Chicken Sandwich	490	3.5	1160	50	3	28
Grilled Chicken Ranch Wrap	420	5	1170	42	2	27
Chicken Nuggets						
Chicken Nugget, 4 Piece	180	2.5	380	9	0	10
Chicken Nuggets, 6 Piece	270	3.5	570	14	1	15
Spicy Chicken Nuggets, 4 Piece	190	3	480	9	1	10
Spicy Chicken Nuggets, 6 Piece	280	4	720	13	1	15
Full Size Salads						
Apple Pecan Chicken Salad - no dressing	450	10	1170	28	6	31
Parmesan Caesar Salad - no dressing	290	6	890	13	4	31
Cobb Salad - no dressing	420	8	960	16	3	36
Sides						
Jr French Fries	210	1.5	330	28	2	3
Apple Bites	35	0	0	8	1	0
Sour Cream & Chive Baked Potato	310	1.5	55	63	7	8
Chili - Small	240	4.5	910	22	6	16
Chili - Large	340	6	1270	31	8	22
Plain Baked Potato	270	0	40	61	7	7
Salad Dressing						
Pomegranate Vinaigrette Dressing	90	0	190	16	0	0