

Fast and Fresh Appetizers and Snacks Nutritional Information

Item Name	PLU	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Fast and Fresh Appetizers and Snacks																	
Chicken Tenders	21020	3 tenders	370	11	2	0	70	1760	39	3	2	2	28	0	2	10	10
Buffalo Chicken Tenders	21042	3 tenders	320	12	2.5	0	65	1630	26	0	0	0	26	0	2	6	8
Jalapeno Poppers	21025	5 poppers	410	22	6	0	20	1670	44	2	4	2	11	0	20	15	4
Mozzarella Sticks	21550	4 sticks	430	23	12	0	65	1040	35	1	1	0	20	0	35	6	2
Pizza Crunchers	21598	5 crunchers	520	25	10	1	40	960	51	6	5	1	25	0	40	15	15
Cheese Nuggets	21084	12 nuggets	320	18	7	0	30	880	27	1	2	0	14	0	30	10	2
Appetizer Pack	21970	6 pieces	570	31	12	0	60	1720	50	2	3	1	22	0	40	15	4
Market Grille Express Appetizers, Snacks & Sides																	
Mac & Cheese Bites	21089	8 bites	530	32	14	0	70	1560	40	2	4	0	20	0	35	10	4
Boneless Chicken Wings	20678	8 oz wings	530	29	5	0	80	1150	30	0	0	0	32	0	0	10	10
Cheese Curds	23000	6 oz	680	49	24	1.5	110	1190	26	0	2	0	29	1	60	6	2
Bacon Jalapeno Wontons	23003	4 wontons	510	27	12	0	55	670	53	3	9	0	12	0	6	6	2
Appetizer Pack	21985	8 pieces	770	44	16	0	65	1800	66	4	7	1	25	0	40	15	10
Chicken Tenders	21551	3 tenders	630	36	6	0	75	1960	47	--	0	0	30	0	2	10	10
Chicken Quesadilla	20679	1 quesadilla	720	33	18	0	120	1840	55	4	3	0	51	0	60	15	15
Tater Tots (fried in oil)	21037	9 oz	600	37	8	0	0	1530	58	6	0	0	6	0	2	10	20
French Fries	21010	5 oz	350	21	4.5	0	0	1050	39	2	0	0	3	0	2	6	8
Tater Tots (baked)	21466	9 oz	490	24	6	0	0	1000	58	6	--	0	6	0	2	10	20
Mozzarella Sticks	21936	4 sticks	490	30	13	0	65	1040	35	1	1	0	20	0	35	6	2
Jalapeno Poppers	21927	5 poppers	490	30	8	0	20	1670	44	2	4	2	11	0	20	15	4
Pizza Crunchers	21930	5 crunchers	620	35	11	1	40	960	51	6	5	1	25	0	40	15	15
Chicken Nuggets	21456	12 nuggets	660	47	9	0	100	1320	34	2	0	0	26	0	4	10	8