

2022 NUTRITION FACTS



Better For You

Chicken Fajita Pita made with Whole Grain (no salsa)
Chicken Teriyaki Bowl
Grilled Chicken Salad*
Jr. Jumbo Jack®

* Nutrition information does not include salad dressing or crunchly toppings.

Burgers & More

Bacon & Swiss Buttery Jack®
Bacon Ultimate Cheeseburger™
Cheeseburger
Classic Buttery Jack®
Double Jack®
Hamburger
Jr. Bacon Cheeseburger
Jr. Jumbo Jack®
Jr. Jumbo Jack® Cheeseburger
Jumbo Jack®
Jumbo Jack® Cheeseburger
Sourdough Jack®
Ultimate Cheeseburger™

Chicken & More

Chicken Fajita Pita made with Whole Grain (with salsa)
Chicken Fajita Pita made with Whole Grain (no salsa)
Chicken Nuggets (5 pc.)
Chicken Nuggets (10 pc.)
Chicken Sandwich
Chicken Sandwich with Bacon
Chicken Teriyaki Bowl
Crispy Chicken Strips (4 pc.)
Crispy Chicken Strips (6 pc.)
Deluxe Fish Sandwich (seasonal)
Fish Sandwich (seasonal)
Homestyle Ranch Chicken Club
Jack's Spicy Chicken®
Jack's Spicy Chicken® with Cheese
Sourdough Grilled Chicken Club
The Cluck Sandwich

Salads

Chicken Club Salad with Crispy Chicken Strips*
Chicken Club Salad with Grilled Chicken*
Chicken Club Salad with Julienne Chicken*
Grilled Chicken Salad with Crispy Chicken Strips*
Grilled Chicken Salad with Grilled Chicken*
Grilled Chicken Salad with Julienne Chicken*
Side Salad*
Southwest Chicken Salad with Crispy Chicken Strips*
Southwest Chicken Salad with Grilled Chicken*
Southwest Chicken Salad with Julienne Chicken*
Creamy Southwest Dressing
Gourmet Seasoned Croutons
Low Fat Balsamic Vinaigrette Dressing
Ranch Dressing
Spicy Corn Sticks

* Nutrition information does not include salad dressing or crunchly toppings.

Snacks & Sides

Bacon Cheddar Fries
Bacon Nacho Tacos
Egg Roll (1 pc.)
Egg Roll (3 pc.)
French Fries (Small)
French Fries (Medium)
French Fries (Large)
Panko Onion Rings
Seasoned Curly Fries (Small)
Seasoned Curly Fries (Medium)
Seasoned Curly Fries (Large)
Side Salad*
Stuffed Jalapeños (3 pc.)
Stuffed Jalapeños (7 pc.)
Taco, Regular (1 Taco)
Taco, Tiny (15 pc.)
Taco, Tiny (Sauced & Loaded)
Tree Top® Apple Sauce Pouch

* Nutrition information does not include salad dressing or crunchly toppings.

Breakfast

Bacon Breakfast Jack®
Bacon, Egg & Cheese Biscuit
Biscuit (a la carte)
Breakfast Jack®
Extreme Sausage® Sandwich
Grande Sausage Breakfast Burrito (with salsa)
Grande Sausage Breakfast Burrito (no salsa)
Grilled Sourdough Swiss Sandwich
Hash Browns
Jumbo Breakfast Platter with Bacon
Jumbo Breakfast Platter with Sausage
Loaded Breakfast Sandwich
Meat Lovers Breakfast Burrito (with salsa)
Meat Lovers Breakfast Burrito (no salsa)
Mini Pancakes (8 pc.)
Sausage Biscuit
Sausage Breakfast Jack®
Sausage Croissant
Sausage, Egg & Cheese Biscuit
Sourdough Breakfast Sandwich
Spicy Chicken Biscuit
Supreme Croissant
Ultimate Breakfast Sandwich

Jack's Munchie Meals®

Chick-N-Tater Melt Munchie Meal®
Spicy Nacho Chicken Munchie Meal®
Siracha Curly Fry Burger Munchie Meal®
Stacked Grilled Cheese Burger Munchie Meal®
Halfies (a la carte)
Halfies (in Munchie Meal)

* Nutrition information includes 20fl. oz Coca Cola (Small Drink).

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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SMW	225	320	80	9	4.5	0	60	670	590	34	3	3	27
SW	487	630	60	6	1.5	0	65	2120	1000	109	3	34	34
SM	345	220	80	9	4	0	65	520	740	14	4	4	23
SEMW	151	400	230	25	6	0.5	30	700	210	31	1	5	14

SEMW	215	810	470	53	22	2	125	1330	400	48	3	11	38
SEMW	273	930	590	65	25	3	165	1960	570	32	1	6	55
SMW	120	370	190	21	7	0.5	35	880	150	30	1	4	16
SEMW	271	790	460	51	21	2	110	1030	430	51	4	13	33
SEMW	313	830	520	58	21	3	140	1430	590	33	2	7	46
SMW	108	330	160	18	5	0.5	25	680	140	30	1	4	13
SEMW	130	470	280	31	9	1	45	1000	190	30	1	5	18
SEMW	151	400	230	25	6	0.5	30	700	210	31	1	5	14
SEMW	162	440	260	29	8	1	40	900	220	31	1	5	16
SEMW	216	520	300	33	10	1.5	60	700	370	32	2	6	23
SEMW	238	600	360	40	14	1.5	80	1110	400	33	2	6	28
SEMW	227	700	410	45	15	1.5	95	1370	450	39	3	7	35
SEMW	254	840	530	59	23	3	150	1550	480	31	1	5	47

SMW	247	330	80	9	4.5	0	60	790	590	35	4	4	27
SMW	225	320	80	9	4.5	0	60	670	590	34	3	3	27
SMW	77	240	150	17	2	0	25	600	170	13	1	0	9
SMW	153	480	300	33	4.5	0	50	1210	340	26	2	0	19
SEMW	173	510	290	32	5	0	35	900	240	40	2	3	15
SEMW	169	550	310	35	7	0	45	1170	280	40	2	4	20
SW	487	630	60	6	1.5	0	65	2120	1000	109	3	34	34
MW	240	620	280	31	3	0	115	2350	560	42	4	2	44
MW	361	930	420	46	5	0	170	3520	840	63	6	4	65
SEFMW	324	710	330	36	8	0	75	1880	590	65	4	7	31
SEFW	185	450	210	23	3	0	35	1000	290	47	2	6	16
SEMW	315	760	350	39	8	0	80	2040	500	65	4	8	40
SEW	280	680	340	38	5	0	60	1510	490	55	4	4	31
SEMW	303	760	390	44	8	0	80	1790	510	56	4	5	36
SEMW	266	580	270	30	8	0	95	1500	610	38	3	6	39
EMW	248	740	360	40	6	0	60	1770	350	65	4	9	32

MW	371	540	280	31	9	0	95	1620	720	29	5	4	37
SM	381	220	80	8	2.5	0	60	700	800	13	3	5	25
M	350	350	160	18	8	0	105	910	1090	10	3	5	39
MW	366	420	190	21	4.5	0	70	1300	780	31	6	6	28
SM	345	220	80	9	4	0	65	520	740	14	4	4	23
M	345	230	70	8	3.5	0	80	590	1150	12	4	4	23
	115	20	0	0	0	0	0	10	230	4	2	2	1
MW	422	530	230	26	7	0	85	1560	830	45	9	5	34
SM	401	340	130	14	7	0	75	780	790	28	7	4	29
SM	401	340	110	13	6	0	75	780	790	28	7	4	29
EM	50	190	170	19	3	0	20	740	55	3	0	1	1
SMW	14	70	25	3	0	0	0	150	10	9	0	1	1
	43	25	15	1.5	0	0	0	370	40	3	0	2	0
SEM	50	250	220	25	4	0	25	410	55	5	0	1	1
	12	60	25	2.5	0	0	0	60	25	8	1	0	1

SMW	190	580	310	34	7	0	30	1330	530	54	4	2	15
SMW	163	510	290	32	9	0.5	45	1020	340	35	4	2	20
SEFW	88	210	110	12	2.5	0	10	490	280	20	2	3	7
SEFW	258	570	270	30	8	0	30	1470	850	60	6	9	21
	94	300	120	14	1	0	0	540	380	40	3	0	3
	137	430	180	20	2	0	0	780	550	58	4	0	5
	176	550	230	25	2.5	0	0	1010	720	75	5	1	6
SMW	118	440	210	24	2	0	0	620	150	52	3	5	6
W	85	280	150	16	1.5	0	0	610	350	30	3	0	3
W	130	430	220	25	2	0	0	940	530	46	4	0	5
W	147	480	250	28	2.5	0	0	1060	600	52	4	0	6
	115	20	0	0	0	0	0	10	230	4	2	2	1
MW	71	220	110	12	4.5	0	15	730	90	21	1	2	6
MW		510	260	29	10	0.5	40	1690	210	49	3	5	14
SMW	81	170	80	9	3	0	15	360	180	16	2	1	6
W	195	530	220	24	4	0	55	770	580	61	6	3	16
SMW	283	680	330	36	8	0	75	1330	660	67	6	5	21
	91	45	0	0	0	0	0	0	95	10	1	10	0

SEMW	123	380	190	21	7	0	240	850	190	30	1	4	17
SEMW	128	410	230	25	12	0	240	1180	190	26	2	3	16
SMW	68	260	120	14	7	0	0	690	75	25	2	2	5
SEMW	132	350	170	18	6	0	240	840	190	30	1	4	16
SEMW	192	650	440	49	16	0.5	295	1140	280	29	1	3	25
SEMW	393	1070	650	72	21	0.5	370	2210	550	70	5	5	36
SEMW	369	1060	640	71	21	0.5	370	2090	540	69	4	4	35
SEMW	228	580	300	34	12	0	500	1490	390	36	2	4	36
W	64	190	110	13	1	0	0	350	230	17	2	0	2
SEMW	247	540	260	29	6	0	345	1390	410	47	3	7	23
SEMW	267	620	350	39	9	0	360	1250	410	47	3	7	21
SEMW	242	710	420	47	16	0	515	1690	420	36	2	4	36
SEMW	311	810	460	51	22	0.5	390	1630	370	50	3	4	40
SEMW	286	790	450	50	22	0.5	390	1500	360	48	3	3	39
SEMW	71	140	15	1.5	0	0	0	350	0	28	1	6	4
SMW	107	430	260	29	12	0	30	960	280	26	2	3	11
SEMW	152	500	300	34	11	0.5	265	920	230	30	1	4	19
SEMW	146	480	300	33	13	0	265	740	200	28	1	4	18
SEMW	158	530	340	38	16	0	265	1240	230	27	2	3	18
SEMW	152	410	190	21	8	0	250	1010	220	35	2	4	20
SEMW	218	660	320	36	9	0	55	1730	370	53	3	3	29
SEMW	135	370	190	21	9	0	250	860	210	28	1	5	18
SEMW	214	520	280	31	11	0	490	1540	330	30	1	4	31

SEMW	1220	1940	930	103	25	1.5	110	3420	1490	215	12	77	43
SMW	1245	1940	840	93	15	1	90	3930	1440	231	14	77	53
SEMW	1122	1720	790	87	20	2	105	2890	1340	196	11	75	44
SEMW	1219	1870	830	92	27	2.5	130	3400	1430	211	13	78	55
W	122	390	190	21	2	0	0	810	500	46	4	0	5
W	140	450	220	24	2	0	0	930	570	53	4	0	5

Old-Fashioned Shakes & Desserts

Chocolate Overload™ Cake
Mini Churros (5 pc.)
New York Style Cheesecake
Shake, Chocolate with Whipped Topping - 16 fl. oz.
Shake, Chocolate with Whipped Topping - 24 fl. oz.
Shake, OREO® Cookie with Whipped Topping 16 fl. oz.
Shake, OREO® Cookie with Whipped Topping - 24 fl. oz.
Shake, Strawberry with Whipped Topping - 16 fl. oz.
Shake, Strawberry with Whipped Topping - 24 fl. oz.
Shake, Vanilla with Whipped Topping - 16 fl. oz.
Shake, Vanilla with Whipped Topping - 24 fl. oz.

Kids

Breakfast Jack®
Cheeseburger
Chicken Nuggets (5 pc.)
Chicken Sandwich
Crispy Chicken Strips (4 pc.)
French Fries (Kid's)
Grilled Cheese Sandwich
Hamburger
Mini Pancakes (8 pc.)
Seasoned Curly Fries (Kid's)
Tree Top® Apple Sauce Pouch

Jack's Deals

Chicken Nuggets (5 pc.)
Chicken Nuggets (10 pc.)
Chicken Sandwich
Chicken Sandwich with Bacon
Grilled Cheese Sandwich