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Sonic

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Burgers						
Jr. Burger	330	4.5	610	32	2	15
Veggie Burger w/ Mayo	530	4	1750	69	7	14
Chicken						
Classic Chicken Sandwich-Crispy	550	6.0	870	48	4	21
Classic Chicken Sandwich-Grilled	470	4	1340	39	3	30
Crispy Tender Sandwich	460	4.0	870	41	1	20
Jumbo Popcorn Chicken Small	330	3.5	1100	24	3	16
Spicy Jumbo Popcorn Chicken Small	330	4	1100	24	3	16
Grilled Chicken Wrap	480	4	1720	39	2	31
Fish						
Fish Sandwich	540	5.0	1240	54	4	18
Hot Dogs						
Corn Dog	230	4	480	23	1	6
Kids Meals						
Crispy Tenders (2)	190	2	540	11	0	15
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	55	0	3	0	0