

Nutrition Guide

	Serving	Calories	Fat Cal	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carb	Fiber	Sugars	Pro	Vit A	Vit C	Calcium	Iron
	(g)	(kcal)	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	%DV	%DV	%DV	%DV
Lunch																
Hamburger	100	250	80	9	3.5	0	25	520	31	2	6	12	0	2	10	15
Cheeseburger	119	310	130	14	5	1	40	740	33	1	7	15	6	2	20	15
Cheeseburger, double	165	440	210	23	11	1.5	80	1150	34	2	7	25	10	2	25	20
Sandwich, fish	340	590	270	30	5	0	30	1560	30	3	10	22	15	2	4	15
Sandwich, chicken	170	410	140	16	3.5	0	60	1300	38	1	5	28	4	0	10	15
French Fries	85	250	110	12	2.5	0	0	230	33	3	0	3	0	6	0	4

Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

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	Wheat	Soy	Peanuts	Tree Nuts	Eggs	Milk	Fish	Shellfish	Gluten
Lunch									
Hamburger	X	X							X
Cheeseburger	X	X							X
Cheeseburger, double	X	X							X
Sandwich, fish	X	X					X		X
Sandwich, chicken	X	X							X
French Fries									