



This analysis is provided to assist our customers in making sensible decisions in their diets. Leading health organizations recommend moderate consumption of a variety of foods with an average of less than 30% calories from fat, less than 10% from saturated fat, 300 milligrams of cholesterol and 2,400 milligrams of sodium per day. Based on a 2,000-calorie diet, 30% of calories from fat would be approximately 65 grams of fat. Adjustments are necessary for calorie levels above or below this reference amount.

<u>Burgers</u>												
		GOAL	Blue Sky Hamburger	Blue Sky Cheese Burger	Blue Sky Bacon Burger	Blue Sky Bacon Cheese Burger	Double Blue Sky Hamburger	Double Blue Sky Cheese Burger	Double Blue Sky Bacon Burger	Double Blue Sky Bacon Cheese Burger	Barbeque Bacon Cheese Burger	Vegetable Burger
Calories (kcal):	2000	636	746	690	800	1035	1255	1089	1309	702	316	
Protein (gm):	50	32	38	34	40	58	70	61	73	35	11	
Carbo. (gm):	300	28	31	28	31	28	34	28	34	30	42	
Fat (gm):	65	43	51	48	56	74	90	79	95	48	11	
Cholesterol	300	124	149	132	157	238	288	246	296	132	24	
Satur. Fat (gm):	20	15	21	17	23	28	40	30	42	17	3	
Sodium (mg):	2400	1086	1546	1236	1696	1190	2110	1340	2261	1364	653	
Potassium (mg):	3500	593	673	639	719	988	1148	1034	1194	666	358	
Calcium (mg):	1000	92	292	93	293	104	504	105	505	96	159	
Iron (mg):	18	5	5	5	5	7	7	7	7	5	2	
Vt.A (iu):	5000	377	777	377	777	377	1177	377	1177	513	292	
Vt.C (iu):	60	6	6	6	6	6	6	6	6	7	6	
Vit. D (iu):	400	5	5	5	5	5	5	5	5	5	14	
Vit. E (iu):	30	4	4	4	4	4	4	4	4	4	2	
Thiamin, B1 (mg):	1.5	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.4	0.3	
Riboflavin, B2 (mg):	1.7	0.5	1	0.5	1	1	1	1	1	0.5	0.3	
Niacin, B3 (mg):	20	9	9	9	9	16	16	16	16	10	3	
Pyridoxine, B6 (mg):	2	0.5	0.5	0.5	0.5	1	0.9	0.9	0.9	0.5	0.1	
Folate (mcg):	400	74	74	75	75	87	87	87	87	76	71	
Cobalamin, B12 (mcg):	6	4	4	4	4	7	8	7	8	4	0.1	
Biotin(mcg):	300	3	3	4	4	3	3	4	4	4	2	
Pantothenic Acid (mg):	10	1	1	1	1	1	2	2	2	1	1	
D.Fib.gm:	25	2	2	2	2	2	2	2	2	2	6	



Sandwiches and Sides

	GOAL	Fried Chicken Sandwich	Grilled Chicken Sandwich	Portabello Sandwich	Ranch Bacon Chicken Sandwich	Chicken Strips	Fish Sandwich	French Fries 3.5oz	French Fries 5oz	Jalapeno Poppers	Onion Rings
Calories (kcal):	2000	514	501	287	631	483	504	198	283	427	451
Protein (gm):	50	30	35	9	33	28	17	5	7	6	3
Carbo. (gm):	300	47	35	29	48	26	41	20	28	22	30
Fat (gm):	65	23	25	15	35	30	31	13	18	35	35
Cholesterol	300	82	104	10	95	102	47	0	0	46	30
Satur. Fat (gm):	20	5	6	4	6	9	7	3	4	8	5
Sodium (mg):	2400	1570	1883	344	1850	904	1133	222	317	1321	791
Potassium (mg):	3500	440	518	157	462	418	407	-	81	-	-
Calcium (mg):	1000	111	90	112	138	27	86	0	0	169	19
Iron (mg):	18	3	2	2	3	2	3.6	0.4	0.6	0.6	1
Vt.A (iu):	5000	423	583	336	261	170	330	-	0	429	200
Vt.C (iu):	60	4	8	5	3.5	0.7	1.5	4.2	6	9	2
Vit. D (iu):	400	5	4	4	0	0	10	-	-	-	-
Vit. E (iu):	30	3	3	2	1.6	5	5	-	-	-	-
Thiamin, B1 (mg):	1.5	0.4	0.3	0.2	0.5	0.2	0.3	-	-	-	-
Riboflavin, B2 (mg):	1.7	0.4	0.4	0.2	0.4	0.2	0.2	-	-	-	-
Niacin, B3 (mg):	20	9	10	2	10	11	3.6	-	-	-	-
Pyridoxine, B6 (mg):	2	0.6	1	0.1	0.6	0.5	0.2	-	-	-	-
Folate (mcg):	400	67	65	60	66	19	73	-	-	-	-
Cobalamin, B12 (mcg):	6	0.4	0.4	0.1	0.5	0.5	1	-	-	-	-
Biotin(mcg):	300	3	2	2	2	0	3.4	-	-	-	-
Pantothenic Acid (mg):	10	0.4	0.3	0.3	0.5	0	0.5	-	-	-	-
D.Fib.gm:	25	2	2	5	2.2	1	2.3	1	2	1.2	2



**Sandwiches
and Sides
(cont'd)**

	GOAL	Grilled Cheese	Grilled Cheese w/ Ham	Grilled Cheese w/ Bacon	Grilled Cheese w/ Bacon & Tomato	Grilled Chicken Caesar Salad	Fried Chicken Ranch Salad
Calories (kcal):	2000	365	467	438	447		
Protein (gm):	50	18	31	22	22		
Carbo. (gm):	300	23	23	23	25		
Fat (gm):	65	25	30	31	31		
Cholesterol	300	61	94	72	72		
Satur. Fat (gm):	20	15	16	17	17		
Sodium (mg):	2400	1121	1971	1322	1326		
Potassium (mg):	3500	1.3	233	63	151		
Calcium (mg):	1000	341	346	343	345		
Iron (mg):	18	1.4	2	2	2		
Vt.A (iu):	5000	1053	1053	1053	1302		
Vt.C (iu):	60	0	0	0	8		
Vit. D (iu):	400	3	3	3	3		
Vit. E (iu):	30	0.1	0.3	0.2	0.4		
Thiamin, B1 (mg):	1.5	0	0.4	0.1	0.1		
Riboflavin, B2 (mg):	1.7	0	0.2	0	0.1		
Niacin, B3 (mg):	20	0	3.5	1	1.2		
Pyridoxine, B6 (mg):	2	0	0.2	0.3	0.1		
Folate (mcg):	400	0.2	1.9	0.8	6.8		
Cobalamin, B12 (mcg):	6	0	0.4	0.2	0.2		
Biotin(mcg):	300	-	3	0.9	2.5		
Pantothenic Acid (mg):	10	0	0.4	0.1	0.2		
D.Fib.gm:	25	0	0	0	0.4		



Breakfast

	GOAL	English Muffin w/ Sausage, Egg & Cheese	English Muffin w/ Ham, Egg & Cheese	English Muffin w/ Bacon, Egg & Cheese	Biscuit w/ Sausage, Egg & Cheese	Biscuit w/ Ham, Egg & Cheese	Biscuit w/ Bacon, Egg & Cheese	Bagel w/ Sausage, Egg & Cheese	Bagel w/ Ham, Egg & Cheese	Bagel w/ Bacon, Egg & Cheese
Calories (kcal):	2000	469	346	385	660	537	576	537	413	452
Protein (gm):	50	23	19	18	25	21	20	26	22	22
Carbo. (gm):	300	27	27	27	42	42	42	40	40	40
Fat (gm):	65	30	18	23	43	32	36	30	18	23
Cholesterol	300	263	238	238	266	240	241	263	238	238
Satur. Fat (gm):	20	11	7	8	15	10	12	11	7	8
Sodium (mg):	2400	1145	895	796	1415	1165	1066	1272	1022	923
Potassium (mg):	3500	286	205	193	323	243	231	286	205	193
Calcium (mg):	1000	233	221	221	350	338	338	191	179	179
Iron (mg):	18	3	2	2	4	3.5	3.5	4	3	3
Vt.A (iu):	5000	618	618	618	691	691	691	618	618	618
Vt.C (iu):	60	0.9	0	0	1	0.2	0.2	9	0	0
Vit. D (iu):	400	26	26	26	26	26	26	26	26	26
Vit. E (iu):	30	2.4	2.4	2.4	4	4	4	2.3	2.3	2.3
Thiamin, B1 (mg):	1.5	0.5	0.4	0.3	0.7	0.5	0.4	0.7	0.6	0.5
Riboflavin, B2 (mg):	1.7	0.5	0.4	0.4	0.6	0.6	0.6	0.6	0.5	0.5
Niacin, B3 (mg):	20	4	3.3	3	4.6	4	3.6	5	4.6	4
Pyridoxine, B6 (mg):	2	0.2	0.2	0.1	0.2	0.2	0.1	0.3	0.2	0.1
Folate (mcg):	400	39	39	39	79	79	79	87	87	87
Cobalamin, B12 (mcg):	6	1.3	0.7	0.7	1.3	0.7	0.8	1.2	0.6	0.7
Biotin(mcg):	300	10	10	11	10	10	11	10	10	11
Pantothenic Acid (mg):	10	1	0.7	0.8	1.2	1	1	1.2	1	1
D.Fib.gm:	25	1.5	1.5	1.5	1.4	1.4	1.4	1.6	1.6	1.6



This analysis is based on standard recipes. Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible. The analysis is comprised of data from our suppliers, the US Department of Agriculture, NutritionistPro nutrient analysis software program from FirstDataBank in San Bruno, California, Nutritionist 5 program from FirstDataBank in San Bruno, California and NutriNet program from NutriNet in Atlanta, Georgia.

Additional Information:

Salads are analyzed without added dressing

Sandwiches are analyzed without added condiments

Wrap sandwiches are analyzed with added vegetables, dressing and spreads

French fries are analyzed without added salt

Breakfast sandwiches are combinations of listed ingredients and breads

Some information unavailable

Cooked meats are based on a pre-cooked weight