

Jack in the Box

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Mini Pancakes (8) – no syrup	540	6	1390	47	3	23
Bacon Breakfast Jack	380	7	850	30	1	17
Burgers & More						
Hamburger	330	5	680	30	1	13
Jr. Jumbo Jack	400	6	700	31	1	14
Chicken & More						
Chicken Nuggets (4)	190	2	480	10	1	8
Chicken Sandwich	560	6	940	40	2	15
Jack's Spicy Chicken Sandwich (no cheese)	690	6	1360	51	3	27
Chicken Fajita Pita (with salsa)	320	4.5	910	36	4	24
Chicken Teriyaki Bowl	610	1	2310	109	3	30
Salads (no dressing or croutons)						
Garden Salad with Grilled Chicken	200	3.5	810	9	3	25
Wheat Caesar Croutons	60	0	160	9	1	2
Hidden Valley Balsamic Vinaigrette	150	2.5	250	4	0	1
Snacks & Sides						
Egg Roll (1)	210	2.5	490	20	2	7
Taco, Regular (1)	170	3	360	16	2	6
French Fries (small)	300	1	540	40	3	3
Side Salad (no dressing or croutons)	50	2	90	3	1	3
Two Tacos	340	6	720	32	4	12
Tree Top Apple Sauce Pouch	45	0	0	10	1	0

Summer 2024