

RUNZA® NUTRITION INFORMATION

Allergens

		Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
RUNZA® SANDWICHES											
Original Runza® Sandwich	Milk, Soy, Wheat	530	20	6	3	40	1370	67	4	10	20
Cheese Runza® Sandwich	Milk, Soy, Wheat	580	24	7	4.5	40	1670	69	4	10	23
Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat	620	28	10	3.5	60	1960	68	5	10	25
Jalapeno Runza® Sandwich	Milk, Soy, Eggs, Wheat	650	32	10	3	60	2300	69	4	11	24
Mini Original Runza® Sandwich	Milk, Soy, Wheat	270	10	3.5	1.5	20	700	34	2	5	10
Mini Cheese Runza® Sandwich	Milk, Soy, Wheat	290	12	4	2	20	850	35	2	5	12
Mini Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat	320	14	5	2	30	1090	34	3	5	13
Spicy Jack Runza® Sandwich	Milk, Soy, Wheat, Eggs	750	41	14	3	70	2370	69	4	11	28
BLT Runza® Sandwich	Milk, Soy, Wheat, Eggs	745	40	12	3	60	1760	68	4	11	25
Cheeseburger Runza® Sandwich	Milk, Soy, Wheat	590	24	7	4.5	40	1910	72	4	12	23
BBQ Bacon Runza® Sandwich	Milk, Soy, Wheat, Starch	730	34	14	3	65	2120	72	4	14	29
Southwest Runza® Sandwich	Milk, Soy, Wheat, Eggs	650	28	9	3	60	1860	75	4	13	24
Spicy Asian Runza® Sandwich	Milk, Soy, Wheat	600	21	6	3.5	40	1780	81	4	16	21
BURGERS *The Runza® Way = ketchup, mustard, onion, pickle, lettuce, tomato **Deluxe = lettuce, tomato, mayo											
1/4 Lb. Hamburger, The Runza® Way*	Soy, Wheat	370	18	6	1	65	800	26	2	6	25
1/4 Lb. Cheeseburger, The Runza® Way*	Milk, Soy, Wheat	420	22	7	2.5	65	1100	28	2	6	28
1/2 Lb. Double Hamburger, The Runza® Way*	Soy, Wheat	570	31	11	2	135	930	26	2	6	43
1/2 Lb. Double Cheeseburger, The Runza® Way*	Milk, Soy, Wheat	670	39	13	5	135	1530	30	2	6	49
1/4Lb. Legend Supreme	Egg, Milk, Soy, Wheat	520	32	11	2.5	90	1200	26	1	4	32
1/4 Lb. Bacon Cheeseburger Deluxe**	Egg, Milk, Soy, Wheat	540	34	11	2.5	80	1270	26	1	5	32
1/4 Lb. French Onion Burger	Milk, Soy, Wheat	490	29	11	2	95	1130	26	1	5	30
1/4 Lb. Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat, Starch	480	29	10	2	90	1040	24	2	4	29
1/4 Lb. BBQ, Bacon and Swiss Burger	Milk, Soy, Wheat	530	32	13	1	90	1090	26	1	7	33
1/4 Lb. Bacon Cheeseburger	Milk, Soy, Wheat	510	31	10	2.5	75	1200	26	1	5	32
1/4 Lb. Spicy Jack Hamburger	Milk, Soy, Wheat, Eggs	570	38	13	1	95	1350	23	1	4	32
1/4 Lb. Jalapeno Burger	Milk, Soy, Wheat	530	35	10	1	95	1370	25	2	5	29

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CHICKEN SANDWICHES - CHICKEN WRAPS - CHICKEN STRIPS											
Smothered Grilled Chicken Sandwich	Milk, Soy, Wheat	430	17	4.5	1.5	70	1740	37	2	4	34
BBQ Grilled Chicken Sandwich	Milk, Soy, Wheat, Starch	400	11	3.5	0	70	1760	40	1	8	34
Buffalo Grilled Chicken Sandwich	Egg, Milk, Soy, Wheat	360	11	1	0	60	1920	37	2	4	30
Deluxe Grilled Chicken Sandwich	Eggs, Soy, Wheat	360	10	0.5	0	60	1510	37	2	6	30
Spicy Jack Grilled Chicken Sandwich	Milk, Soy, Wheat, Eggs	530	27	7	0	85	2310	35	1	4	38
Buffalo Mini Chicken Wrap	Egg, Milk, Soy, Wheat, Starch	320	16	4	0	25	1130	31	1	1	13
Ranch Mini Chicken Wrap	Egg, Milk, Soy, Wheat, Starch	310	16	4	0	25	750	31	1	1	13
2 Piece Chicken Strip	Milk, Wheat, Starch	220	12	2	0	30	600	14	0	0	16
4 Piece Chicken Strip	Milk, Wheat, Starch	440	24	4	0	60	1200	28	0	0	32
KIDS											
Junior Hamburger, Plain	Soy, Wheat	200	9	2.5	0	35	230	16	1	2	12
Junior Cheeseburger, Plain	Milk, Soy, Wheat	250	13	3.5	2	35	530	18	1	2	15
Junior Hamburger, The Runza® Way*	Soy, Wheat	220	9	2.5	0	35	570	20	1	4	13
Junior Cheeseburger, The Runza® Way*	Milk, Soy, Wheat	270	13	3.5	2	35	870	22	1	4	16
Junior Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat, Starch	300	17	6	1	50	730	17	1	2	17
Small Hamburger (Plain) Kid's Meal (sm fry, no drink)	Soy, Wheat	420	20	4.5	0	35	540	45	4	2	15
Runza® Sandwich Kid's Meal (includes sm fry, no drink)	Milk, Soy, Wheat	480	21	5	1.5	20	990	63	5	5	13
Chicken Strip Kid's Meal (includes sm fry, no drink)	Milk, Wheat, Starch	440	23	4	0	30	910	43	3	0	19
Mini Corn Dog Kid's Meal (includes sm fry, no drink)	Egg, Milk, Soy, Wheat	500	29	6	0	20	810	52	6	5	9
SIDES											
Medium Frings!®	Milk, Wheat	330	18	3	0	0	350	39	4	2	5
Large Frings!®	Milk, Wheat	470	25	4	0	0	510	55	5	3	7
Medium Onion Ring	Milk, Wheat	320	19	3	0	0	260	35	3	4	5
Large Onion Ring	Milk, Wheat	550	31	5	0	0	440	58	4	7	8
Small French Fry	Wheat	220	11	2	0	0	310	29	3	0	3
Medium French Fry	Wheat	320	15	2.5	0	0	430	41	5	0	4
Large French Fry	Wheat	460	23	4	0	0	640	60	7	0	6
French Onion Dip	Milk	110	7	4.5	0	30	630	5	0	3	5
SOUPS (Seasonal)											
Homemade Chili	Soy, Wheat	320	15	6	1	60	1040	23	7	6	23
Wisconsin Cheese Soup	Milk, Wheat	280	18	11	0	50	1110	18	0	8	11
Broccoli Cheese Soup	Milk, Soy	250	18	8	0	30	1090	13	3	4	7
Chicken Tortilla Soup	Milk, Soy, Wheat	145	6.5	2.5	0	13	1900	13	1	14	9
Potato Bacon Soup	Milk, Soy, Wheat, Egg	280	18	7	0	30	1090	24	1	4	5
New England Clam Chowder Soup	Fish, Milk, Soy, Wheat.	290	16	3	6	10	1110	34	1	4	5

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SALADS											
Side Salad (no dressing)		20	0	0	0	0	10	4	2	2	1
Asian Grilled Chicken Salad (with dressing)	Soy, Wheat, Starch	410	7	1	1	55	2210	59	3	35	26
Southwest Chicken Salad with Salsa (no dressing)	Milk, Wheat, Starch	320	15	3.5	0	40	1260	31	5	7	20
Sweet Berry Chicken Salad (no dressing)	Milk, Tree Nuts (Walnuts), Peanuts, Soy	370	19	5	0	75	1280	21	3	13	31
Fuji Apple Chicken Salad (with dressing)	Milk, Tree Nuts (Pecans), Peanuts, Soy, Egg	720	51	11	0	100	1870	35	5	26	33
DRESSINGS AND SAUCES * Fat Free Hidden Valley Ranch standard serving size of 2 Tbsp rounds down to 0 g fat. 2.5 oz serving size rounds up to 1 g fat.											
Dorothy Lynch Dressing	Wheat, Starch	240	15	2.5	0	0	370	25	2	20	0
Fat Free Ranch Dressing*	Milk, Soy, Wheat	50	1	0	0	0	620	12	0	4	1
Jalapeno Ranch Dressing	Egg, Milk	290	30	2.5	0	25	580	4	0	3	2
Ranch Dressing	Egg, Milk, Soy, Starch	270	27	4.5	0	25	530	4	0	3	2
Poppyseed Dressing	Egg	370	32	5	0	10	330	19	0	18	0
Asian Dressing	Soy, Wheat	150	1	0	0	0	1040	34	0	25	1
Buffalo Sauce	Soy, Wheat	25	1	0	0	0	1900	4	1	1	0
BBQ Sauce	Starch	100	0	0	0	0	650	24	0	21	1
Honey Mustard	Egg	290	27	4	0	20	380	13	0	12	1
DESSERTS AND SHAKES											
Chocolate Sundae	Milk	300	7	4.5	0	25	115	51	1	41	6
Caramel Sundae	Milk	300	7	4.5	0	25	180	51	0	42	6
Turtle Sundae	Milk, Tree Nuts	360	13	5	0	25	150	53	1	42	7
Cookie Dough Sundae	Milk, Soy, Wheat	440	14	7	0	25	210	70	1	51	7
Kid's Cake Cone - Vanilla Ice Cream	Milk, Soy, Wheat	110	3	2	0	10	60	18	0	11	3
Vanilla Ice Cream Cone	Milk, Soy, Wheat	260	7	4.5	0	25	130	40	0	27	6
Chocolate Ice Cream Cone	Milk, Soy, Wheat	260	7	4.5	0	25	130	40	0	27	6
Swirl Ice Cream Cone	Milk, Soy, Wheat	260	7	4.5	0	25	130	40	0	27	6
Vanilla Ice Cream - Dish	Milk	230	7	4.5	0	25	105	34	0	27	5
Chocolate Ice Cream - Dish	Milk	230	7	4.5	0	25	105	34	0	27	5
Swirl Ice Cream - Dish	Milk	230	7	4.5	0	25	105	34	0	27	5

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Regular Vanilla Shake	Milk	430	12	8	0	60	250	66	0	58	12
Regular Chocolate Shake	Milk	480	12	8	0	60	280	81	0	71	12
Regular Strawberry Shake	Milk	480	12	8	0	60	260	79	0	72	12
Regular Cappuccino Shake	Milk	490	12	8	0	60	260	82	0	73	12
Large Vanilla Shake	Milk	580	16	10	0	80	340	89	0	79	16
Large Chocolate Shake	Milk	640	16	10	0	80	380	106	1	94	16
Large Strawberry Shake	Milk	640	16	10	0	80	350	105	0	95	16
Large Cappuccino Shake	Milk	650	16	10	0	80	350	108	0	97	16
Mini Vanilla Shake	Milk	239	7	4	0	33	139	37	0	32	7
Mini Chocolate Shake	Milk	267	7	4	0	33	156	45	0	39	7
Mini Strawberry Shake	Milk	267	7	4	0	33	145	44	0	40	7
Mini Cappuccino Shake	Milk	273	7	4	0	33	145	46	0	41	7
Chocolate Chip Cookie	Egg, Milk, Soy, Wheat	370	18	8	0	30	510	53	2	32	4
Miller & Paine™ Cinnamon Rolls (seasonal)	Egg, Milk, Wheat, Tree Nuts	500	20	7	1.5	30	320	76	2	41	6
OTHER											
Fish Sandwich (seasonal)	Fish, Egg, Milk, Soy, Wheat	580	33	6	1.5	35	1480	50	3	6	21
5 Piece Mini Corn Dogs	Egg, Milk, Soy, Wheat	280	18	4	0	20	500	23	3	5	6
8 Piece Mini Corn Dogs	Egg, Milk, Soy, Wheat	460	30	7	0	35	830	39	4	8	10
Swiss Cheese, 1 slice	Milk, Soy, Wheat	70	5	3.5	0	15	300	0	0	0	4
Mushrooms	Milk, Soy, Wheat	30	2.5	0	0.5	0	290	1	1	0	1
Mandarin Oranges		45	0	0	0	0	5	10	1	7	1
Bacon 1.5 slices		110	9	4	0	10	320	0	0	0	5
American Cheese, 1 slice	Milk, Soy, Wheat	50	4	1	1.5	0	300	2	0	0	3
Mayo	Egg	100	11	2	0	10	65	1	0	0	0
The Runza® Way* (ketchup, mustard, onion, pickle, lettuce, tomato)		25	0	0	0	0	460	5	1	3	1
Applesauce		90	0	0	0	0	10	22	2	18	0
SLUSHIES (Medium size)											
Cherry		360	0	0	0	0	95	91	0	91	0
Blue Raspberry		360	0	0	0	0	95	91	0	91	0
Grape		380	0	0	0	0	100	99	0	94	0
Pepsi		160	0	0	0	0	25	40	0	40	0
Mountain Dew		160	0	0	0	0	55	43	0	43	0

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BEVERAGES												
Coffee		5	0	0	0	0	5	0	0	0	0	
Medium Iced Tea		0	0	0	0	0	0	0	0	0	0	
Chocolate Milk Skim	Milk	130	0	0	0	5	190	23	0	22	8	
1% White Milk	Milk	100	2.5	1.5	0	15	120	11	0	11	8	
Medium Pepsi		210	0	0	0	0	40	59	0	59	0	
Medium Diet Pepsi		0	0	0	0	0	55	0	0	0	0	
Medium Dr.Pepper		190	0	0	0	0	65	55	0	55	0	
Medium Sierra Mist		210	0	0	0	0	45	57	0	57	0	
Medium Mountain Dew		250	0	0	0	0	90	66	0	66	0	
Medium Lemonade		210	0	0	0	0	220	57	0	57	0	
Medium Fruit Punch		230	0	0	0	0	55	64	0	64	0	
Individual Ingredients for Build Your Own Runza® Sandwiches												
Swiss Cheese (1 slice)	Milk, Soy, Wheat	70	5	3.5	0	15	300	0	0	0	4	
American Cheese (1 slice)	Milk, Soy, Wheat	50	4	1	1.5	0	300	2	0	0	3	
Pepperjack Cheese (1 slice)	Milk, Soy	60	6	3	0	15	330	0	0	0	3	
Jalapeno Ranch (.25 oz)	Milk, Eggs	30	3	0	0	< 5	60	< 1	0	< 1	0	
Mushrooms (1.3 oz)	Milk, Soy, Wheat	30	2.5	0	0.5	0	370	1	1	0	1	
Salad Dressing (.5 oz)	Eggs	100	11	2	0	10	70	0	0	0	0	
Bacon (1.5 slices)		110	9	4	0	10	320	0	0	0	5	
Ranch Dressing (.5 oz)	Milk, Soy, Eggs, Starch	50	5	1	0	< 5	110	< 1	0	0	0	
BBQ Sauce (.5 oz)	Starch	20	0	0	0	0	130	5	0	4	0	
Shredded Cheddar (.125 cup)	Milk	55	4.5	2.5	0	15	90	0	0	0	4	
Ketchup		5	0	0	0	0	95	2	0	2	0	
Mustard		0	0	0	0	0	65	0	0	0	0	
Onion		0	0	0	0	0	0	< 1	0	0	0	
Pickle		0	0	0	0	0	75	0	0	0	0	
Tomato (1 slice)		0	0	0	0	0	0	< 1	0	< 1	0	
Iceberg Lettuce (.5 oz)		0	0	0	0	0	0	0	0	0	0	
Sliced Jalapenos (.125 cup)		0	0	0	0	0	340	< 1	0	0	0	
Salsa (.5 oz)		10	0	0	0	0	230	2	0	2	0	
Taco Seasoning (.5 tsp)	Milk	5	0	0	0	0	110	< 1	0	0	0	
Tortilla Strips (.3 oz)		20	0	0	0	0	0	5	0	0	1	
Rice Noodles (.3 oz)	Soy, Wheat	40	1	0	0	0	105	7	0	0	1	
Asian Ginger Dressing (.5 oz)	Soy, Wheat	30	0	0	0	0	210	7	0	5	0	
Sriracha Sauce (1 tsp)		5	0	0	0	0	100	1	0	1	0	

Disclaimer: The information provided by Runza® National regarding our food is as complete as reasonably possible at the time of publication. This list is based on information reported to us by our suppliers and Runza® National's standard product formulations. Variations may occur depending on the supplier, ingredient substitutions, recipe revisions, region, season, preparation technique, or product assembly at the restaurant-level. Product formulations are subject to change periodically. Runza® National, its franchises, and employees do not assume responsibility for a person's sensitivity or

allergy to any food items provided in our restaurants. If you are not completely confident about a product ingredient, it is recommended to select something you are comfortable with or visit another dining venue. Please always consult your healthcare practitioner for questions regarding your diet. Nutrition information is based on typical menu items. Runza® is a registered trademark of Runza® National, Inc. Updated 4/2014.