

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	2.5	40	1360	67	4	10	20
Cheese Runza® Sandwich	Milk, Soy, Wheat	580	24	7	4	40	1660	69	4	10	23
Swiss Cheese Mushroom Runza® Sandwich	Milk, Soy, Wheat	630	28	10	3.5	60	2040	68	5	10	25
Jalapeno Runza® Sandwich	Milk, Soy, Eggs, Wheat	650	31	10	2.5	60	2300	69	4	11	23
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	2070	35	3	5	13
BURGERS											
1/4 Lb. Hamburger, The Runza® Way	Wheat	360	18	6	1	65	730	25	2	6	25
1/4 Lb. Cheeseburger, The Runza® Way	Milk, Soy, Wheat	410	22	7	2.5	65	1030	27	2	6	28
1/2 Lb. Double Hamburger, The Runza® Way	Wheat	570	31	11	2	135	850	25	2	6	43
1/2 Lb. Double Cheeseburger, The Runza® Way	Milk, Soy, Wheat	670	39	13	5	135	1450	29	2	6	49
1/4Lb. Legend Supreme	Egg, Milk, Soy, Wheat	520	32	11	2.5	90	1210	26	1	4	32
1/4 Lb. Bacon Cheeseburger Deluxe	Egg, Milk, Soy, Wheat	540	34	11	2.5	80	1200	26	1	5	32
1/4 Lb. French Onion Burger	Milk, Soy, Wheat	490	29	12	2	95	1170	25	1	5	30
1/4 Lb. Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat, Starch	480	29	10	1.5	90	1110	24	2	4	29
1/4 Lb. BBQ, Bacon and Swiss Burger	Milk, Soy, Wheat	540	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. Jalapeno Burger	Milk, Soy, Wheat	540	35	10	1	95	1380	25	1	6	28
CHICKEN SANDWICHES - CHICKEN WRAPS - CHICKEN STRIPS											
Smothered Grilled Chicken Sandwich	Milk, Soy, Wheat	430	17	4.5	1.5	70	1730	36	2	4	35
BBQ Grilled Chicken Sandwich	Milk, Soy, Wheat, Starch	390	11	3.5	0	70	1660	39	1	8	34
Buffalo Grilled Chicken Sandwich	Egg, Milk, Soy, Wheat	350	10	1	0	60	1800	36	1	4	30
Deluxe Grilled Chicken Sandwich	Eggs, Wheat	360	11	0.5	0	60	1420	37	1	6	30
Buffalo Mini Chicken Wrap	Egg, Milk, Soy, Wheat, Starch	310	16	4	0	25	1110	31	1	1	13
Ranch Mini Chicken Wrap	Egg, Milk, Soy, Wheat, Starch	310	16	4	0	25	750	30	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

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KIDS											
Junior Hamburger, Plain	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	Wheat	220	9	2.5	0	35	530	19	1	4	13
Junior Cheeseburger, The Runza® Way	Milk, Soy, Wheat	270	13	3.5	2	35	830	21	1	4	16
Junior Swiss Cheese Mushroom Burger	Egg, Milk, Soy, Wheat, Starch	300	17	6	1	50	780	18	1	2	17
Small Hamburger (Plain) Kid's Meal	Milk, Soy, Wheat	480	20	4.5	0	35	540	45	4	2	15
Runza® Sandwich Kid's Meal	Milk, Soy, Wheat	540	21	5	1.5	20	990	62	5	5	13
Chicken Strip Kid's Meal	Milk, Wheat, Starch	500	23	4	0	30	910	43	3	0	19
Mini Corn Dog Kid's Meal	Egg, Milk, Soy, Wheat	560	29	6	0	20	810	52	6	5	9
SIDES											
Medium Frings!®	Milk, Wheat	370	18	3	0	0	350	39	4	2	5
Large Frings!®	Milk, Wheat	530	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	280	11	2	0	0	310	29	3	0	3
Medium French Fry	Wheat	390	15	2.5	0	0	430	41	5	0	4
Large French Fry	Wheat	580	23	4	0	0	640	60	7	0	6
French Onion Dip	Milk	100	7	5	0	30	690	4	0	2	4
SOUPS (Seasonal)											
Tomato Florentine Soup	Egg, Fish, Milk, Soy, Wheat, Starch	110	1	0	0	0	1290	21	1	7	4
Vegetable Cheese Soup	Milk	190	11	6	0	30	1400	14	5	11	6
Vegetable Beef Soup	Fish, Soy, Wheat, Starch	110	3.5	1	0	10	1270	13	2	1	6
Homemade Chili	Soy, Wheat	320	17	7	0.5	65	1090	22	7	6	23
Wisconsin Cheese Soup	Fish, Milk, Soy, Wheat, Starch	330	25	7	0	25	1110	28	0	9	5
Broccoli Cheese Soup	Milk, Starch	290	21	5	0	10	1040	27	2	5	7
Potato Bacon Soup	Milk, Soy, Wheat, Starch	250	17	2.5	0	10	980	30	1	2	3
Cauliflower Cheese Soup	Milk, Soy, Wheat, Starch	280	22	3	0	15	1130	26	1	8	5
Chicken Noodle Soup	Egg, Soy, Wheat, Starch	290	8	2.5	0	145	2140	33	0	2	19
Boston Clam Chowder Soup	Fish, Shellfish, Milk, Soy, Wheat, Starch	280	18	1.5	0	10	1240	29	0	0	6

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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	400	6	0.5	1	55	2110	58	3	33	25
Southwest Chicken Salad with Salsa (no dressing)	Milk, Wheat, Starch	320	15	3.5	0	40	1220	29	3	7	20
Sweet Berry Chicken Salad (no dressing)	Milk, Tree Nuts	360	19	5	0	75	1180	18	4	12	31
DRESSINGS AND SAUCES											
Dorothy Lynch Dressing	Wheat, Starch	280	15	2.5	0	0	430	30	0	30	0
Fat Free Italian Dressing		35	0	0	0	0	750	9	0	7	0
Fat Free Ranch Dressing	Milk, Soy, Wheat	60	0	0	0	0	660	13	0	4	0
Jalapeno Ranch Dressing	Milk	300	30	2.5	0	25	600	5	0	5	0
Ranch Dressing	Egg, Milk, Soy, Starch	260	27	5	0	25	550	4	0	2	1
Fat Free Raspberry Vinaigrette Dressing		80	0	0	0	0	220	18	0	16	0
Poppyseed Dressing	Egg	350	33	4.5	0	0	310	17	0	17	0
Asian Dressing	Soy, Wheat	140	0	0	0	0	1040	33	0	24	0
Buffalo Sauce	Soy, Wheat	25	0	0	0	0	1800	5	0	0	0
BBQ Sauce	Starch	100	0	0	0	0	650	25	0	21	0
Honey Mustard	Egg	310	28	3.5	0	25	430	14	0	12	0
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	430	12	6	0	25	160	70	1	52	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	490	12	8	0	60	250	84	0	74	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	660	16	10	0	80	340	110	0	98	16
Large Cappuccino Shake	Milk	650	16	10	0	80	350	108	0	97	16
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	510	20	6	1	30	330	77	1	41	6
OTHER											
Fish Sandwich (seasonal)	Fish, Egg, Milk, Soy, Wheat	580	33	5	1.5	35	1480	51	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	Soy, Wheat	30	2.5	0	0.5	0	370	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	70	0	0	0	0
The Runza® Way		20	0	0	0	0	380	4	1	3	1
Applesauce		90	0	0	0	0	10	22	2	18	0
SLUSHIES											
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	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	40	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

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 12/2011.