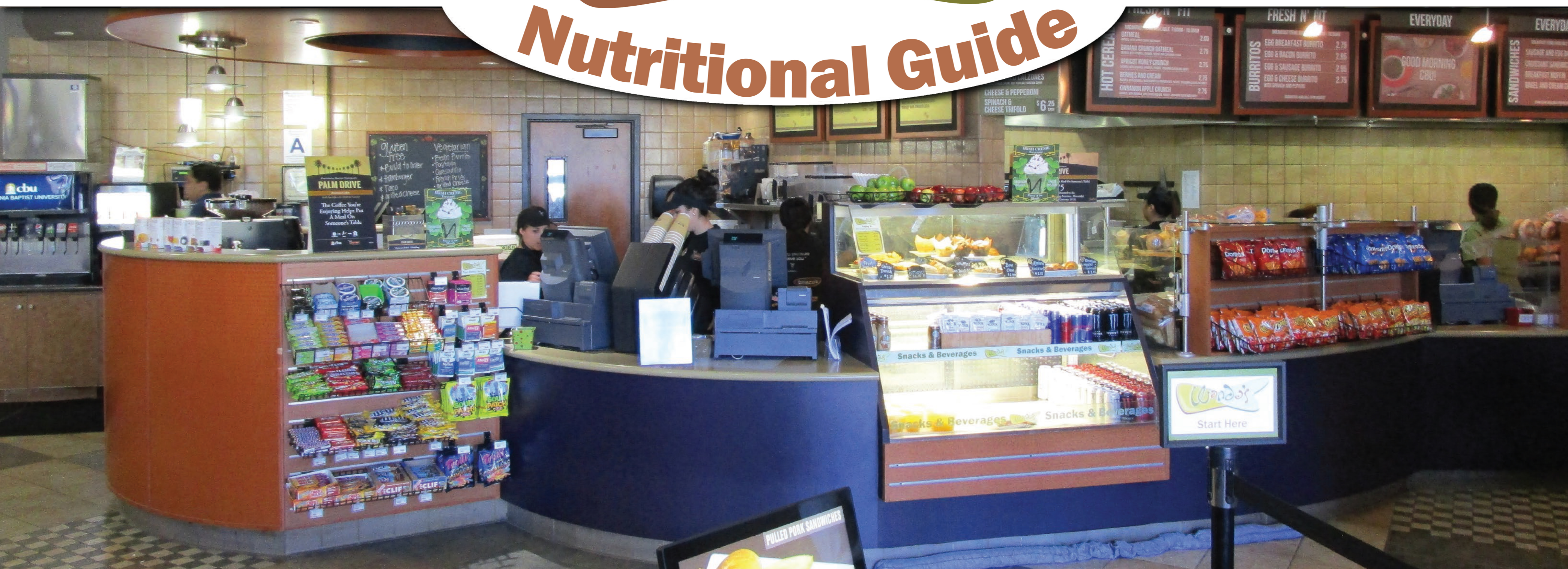




Wendy's

Nutritional Guide





BREAKFAST

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)	
BREAKFAST SPECIALS																		
CBU Scramble - Bacon	210	7.4	469	331	70.9	36.7	9.74	493	545	12.2	0.9	1.1	21.7	12	1.86	769	5	
CBU Scramble - Sausage	235	8.3	509	372	73.3	40.8	10.88	502	524	12.3	0.9	1.5	21.1	17	2.11	769	5	
Sausage & Egg Bagel Sandwich	302	10.7	796	394	49.5	43.9	14.88	513	1363	65.6	3.0	6.5	35.3	289	5.39	891	0	
ENTREES																		
BREAKFAST BOWLS																		
CBU Scramble - Bacon	235	8.3	560	396	70.7	44.0	14.24	521	656	13.2	0.9	1.1	27.8	214	1.86	761	5	
CBU Scramble - Sausage	249	8.8	572	411	71.9	45.3	14.52	524	579	13.3	0.9	1.4	26.5	218	2.03	761	5	
Latin Scramble - Bacon	364	12.8	718	513	71.2	57.0	20.08	549	899	21.4	4.1	4.0	30.5	226	2.27	1265	20	
Latin Scramble - Sausage	378	13.3	730	529	72.2	58.4	20.36	552	822	21.5	4.1	4.2	29.2	230	2.44	1265	20	
Vegetarian	364	12.8	778	615	78.2	67.6	19.34	507	349	17.8	2.4	3.7	24.7	224	2.26	1467	45	
BREAKFAST MUFFIN																		
No Meat	238	8.4	565	290	50.8	32.4	11.59	487	943	43.3	3.2	4.4	27.3	334	5.22	891	2	
Bacon	255	9.0	655	357	54.4	40.3	14.42	504	1316	43.3	3.2	4.4	33.0	334	5.22	891	2	
Ham	267	9.4	595	300	49.7	33.5	12.10	500	1297	44.8	3.2	5.9	31.4	344	23.45	891	2	
Sausage	281	9.9	695	398	56.9	44.4	15.55	513	1295	43.3	3.2	4.7	32.4	339	5.48	891	2	
Turkey Bacon	280	9.9	725	392	53.8	43.8	14.95	528	1903	44.5	3.2	4.4	39.9	334	5.22	891	2	
BURRITOS																		
Egg & Cheese	198	7.0	473	250	52.2	27.9	10.46	499	699	31.4	1.8	2.2	26.0	335	3.43	761	0	
Egg & Bacon	215	7.6	563	318	56.1	35.8	13.28	516	1071	31.4	1.8	2.2	31.6	335	3.43	761	0	
Egg & Sausage	241	8.5	603	358	58.9	39.9	14.42	525	1050	31.5	1.8	2.6	31.1	340	3.68	761	0	
CROISSANT SANDWICH																		
No Meat	254	9.0	707	436	58.0	48.0	20.50	527	978	50.4	5.3	7.5	27.7	184	1.55	894	0	
Bacon	271	9.6	797	503	60.0	55.9	23.33	544	1350	50.4	5.3	7.5	33.4	184	1.55	894	0	
Ham	282	9.9	738	446	56.8	49.0	21.01	539	1332	51.9	5.3	9.0	31.8	194	19.78	894	0	
Sausage	296	10.4	838	544	61.8	59.9	24.46	553	1329	50.5	5.3	7.9	32.8	189	1.80	894	0	
Turkey Bacon	296	10.4	868	538	59.2	59.3	23.86	568	1937	51.7	5.3	7.5	40.3	184	1.55	894	0	
SIDES																		
2 Scrambled Eggs	128	4.5	302	234	78.3	25.5	5.93	476	159	1.1	0.0	1.1	14.7	208	1.25	769	0	
2 Scrambled Eggs with Cheese	156	5.5	413	315	76.5	34.6	11.00	507	331	2.1	0.0	1.1	21.8	128	3.71	381	0	
Bagel & Cream Cheese	142	5.0	407	97	23.9	10.7	5.47	31	551	64.2	3.0	5.9	12.7	128	3.71	381	0	
BREAKFAST MEATS																		
Bacon	17	0.6	90	68	75.9	7.9	2.82	17	373	0.0	0.0	0.0	5.6	20	36.45	0	0	
Ham	57	2.0	61	20	29.0	2.0	1.01	25	709	3.0	0.0	3.0	8.1	5	0.25	0	0	
Sausage	43	1.5	131	108	83.9	12.0	3.96	26	352	0.1	0.0	0.4	5.1	95	2.28	250	1	
English Muffin	67	2.4	200	82	40.4	9.1	5.46	22	324	25.0	2.0	2.0	5.1	6	0.61	0	5	
Hash Browns	67	2.4	89	42	45.9	04.7	1.40	0	14	11.0	0.9	0.0	1.3	6	0.61	0	5	
HOT CEREAL																		
Oatmeal	179	6.3	102	0	17.4	2.0	0.00	0	184	18.4	2.7	0.7	3.4	5	1.22	0	0	
Banana Crunch Oatmeal	285		288	20	13.0	4.4	0.52	1	227	58.8	5.9	15.6	7.0	50	5.45	814	4	
Berries & Cream Oatmeal	301	10.6	332	20	11.2	4.3	0.47	1	228	70.9	5.6	30.9	6.9	52	5.55	801	10	
Cinnamon Apple Oatmeal	294	10.0	347	20	10.8	4.4	0.47	1	230	74.8	6.3	29.5	7.6	62	5.36	799	1	
TOAST																		
Sourdough	72	2.5	180	10	5.1	1.0	0.00	0	280	34.0	2.0	0.0	8.0	40	2.16	0	0	
Squaw	74	2.6	184	18	9.0	1.8	0.00	0	313	0.0	1.8	9.2	12.9	0	0.00	0	0	
Wheat	96	3.4	256	32	12.3	3.5	0.77	0	502	45.8	3.5	5.5	10.5	137	3.34	0	0	
White	74	2.6	196	22	11.3	2.4	0.53	0	502	37.3	1.8	3.2	5.6	111	2.76	0	0	

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BUILD TO ORDER SANDWICHES

Build your sandwich the way you like it. Choose your bread, dressing, cheese, protein and extras. Add your selections up for nutrition of your custom creation (use half the values for half sandwich).

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
BREAD																	
Sourdough	72	2.5	180	10	5.1	1.0	0.00	0	280	34.0	2.0	0.0	8.0	40	2.16	0	0
Squaw	74	2.6	184	18	9.0	1.8	0.00	0	313	0.0	1.8	9.2	12.9	0	0.00	0	0
Wheat	96	3.4	256	32	12.3	3.5	0.77	0	502	45.8	3.5	5.5	10.5	137	3.34	0	0
White	74	2.6	196	22	11.3	2.4	0.53	0	502	37.3	1.8	3.2	5.6	111	2.76	0	0
Gluten-Free Wheat	49	1.7	130	35	3.7	4	0.00	0	260	22.0	2	3	4	20	0.36	0	0
Gluten-Free White	49	1.7	140	35	4	3.5	0.00	0	250	22.0	1	3	3	20	0.36	0	0
DRESSING																	
Chipotle Mayonnaise	14	0.5	98	98	99.9	10.8	1.47	5	85	0.0	0.0	0.0	0.0	0	0.01	4	0
Dijon Mustard	15	0.5	30	15	100.0	1.5	0.00	0	345	0.0	0.0	0.0	0.0	0	0.00	0	0
Mayonnaise	14	0.5	99	98	97.8	10.9	1.63	5	78	0.4	0.0	0.1	0.1	1	0.03	39	0
Mustard	16	0.6	10	6	48.2	0.6	0.04	0	177	0.8	0.5	0.1	0.7	9	0.24	11	0
Oil & Vinegar	14	0.5	79	8	99.8	9.1	0.65	0	0	0.0	0.0	0.0	0.0	0	0.01	0	0
Pesto Mayonnaise	14	0.5	90	84	89.6	9.2	1.42	3	125	1.4	0.4	0.1	1.0	56	0.93	189	1
CHEESE																	
Cheddar	28	1.0	160	70	69.2	8.0	5.00	30	170	1.0	0.0	0.0	7.0	200	0.00	0	0
Hot Pepper Jack	28	1.0	109	79	74.3	8.9	5.93	25	188	1.0	0.0	0.0	5.9	0	0.00	0	0
Povolone	28	1.0	100	70	69.2	8.0	5.00	20	250	1.0	0.0	0.0	7.0	0	0.00	0	0
Swiss	28	1.0	106	70	65.9	7.8	4.98	26	54	1.5	0.0	0.4	7.5	221	0.06	232	0
PROTEIN																	
Ham	113	4.0	121	40	29.0	4.0	2.02	51	1417	6.1	0.0	6.1	16.2	40	72.90	0	0
Hummus	113	4.0	280	140	45.0	16.0	2.00	0	640	32.0	8.0	4.0	12.0	0	0.00	0	0
Roast Beef	113	4.0	189	40	20.6	4.0	1.35	74	1350	1.3	0.0	1.3	33.7	0	0.00	0	0
Smoked Turkey	113	4.0	121	20	15.8	2.0	0.00	61	1012	2.0	0.0	2.0	22.3	0	1.46	0	0
Tuna Salad	113	4.0	217	114	53.4	12.5	1.81	32	520	1.7	0.2	0.7	22.9	12	1.44	108	0
EXTRAS																	
Alfalfa Sprouts	7	0.2	2	0	20.3	0.0	0.00	0	0	0.1	0.1	0.0	0.3	2	0.07	11	1
Avocado	50	1.8	80	66	75.8	7.4	1.07	0	4	4.3	3.4	0.3	1.0	6	0.28	73	5
Cucumber	28	1.0	3	0	11.6	0.0	0.00	0	1	0.6	0.2	0.4	0.2	4	0.06	20	1
Lettuce	57	2.0	8	1	7.5	0.1	0.01	0	6	1.7	0.7	1.1	0.5	10	0.23	285	2
Pepperoncini	7	0.2	6	0	0.0	0.0	0.00	0	78	0.5	0.2	0.0	0.0	0	0.00	0	1
Pickle Spear	31	1.1	6	0	0.0	0.0	0.00	0	247	1.1	0	1.1	0.0	0	0.00	0	0
Red Onion	7	0.2	3	0	2.1	0.0	0.00	0	0	0.7	0.1	0.3	0.1	2	0.01	0	1
Tomato	31	1.1	6	1	8.6	0.1	0.01	0	2	1.2	0.4	0.8	0.3	3	0.08	256	4

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LUNCH / DINNER ENTREES

Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
DAILY SPECIALS																	
Fish Tacos	299	10.5	366	81	20%	09.0	02.00	56	890	62.0	9.0	6.5	18.5	97	2.45	254	25
Taco Tuesday, Beef	340	12.0	626	355	57%	40.0	17.00	151	791	24.0	5.0	04.0	43.0	293	4.13	804	20
Taco Tuesday, Chicken	340	12.0	577	327	57%	36.4	14.85	205	698	25.0	5.0	05.0	38.0	298	2.13	846	20
Pulled Pork Sandwich	324	11.4	423	169	39%	19.0	5.00	34	417	50.0	5.0	19.0	16.4	104	3.82	294	53
Hawaiian Dawg	170	6.0	366	159	43%	18.0	03.70	32	666	38.0	3.0	3.0	14.0	35	1.50	99	10
Ultimate Steak Salad	407	14.0	671	358	66%	49.0	13.89	316	1067	15.5	6.0	4.0	43.0	201	2.98	4449	15
Ultimate Steak Sandwich	385	13.6	683	239	44%	33.0	7.39	101	1120	56.4	1.3	02.8	38.7	60	4.41	3100	14
LATIN																	
California Burrito	273	9.6	378	154	41%	17	4.5	46	676	36	5.4	0.9	20.5	22	2.49	94	13
Carne Asada Fries	228	8	373	166	45	18.6	6	58	805	32	2	0.3	20	51	2.48	75	20
Chips & Salsa	176	6.2	637	269	41%	30.0	3.60	0	830	87.0	7.5	2.8	10.7	235	3.18	146	1
GRANDE BURRITO																	
Classic (no meat)	436	15.4	815	389	48%	44.0	18.40	89	1521	79.0	7.0	7.0	28.0	561	3.55	474	16
Carne	521	18.4	1001	476	48%	53.0	22.00	159	1692	79.0	7.0	7.0	51.0	566	5.92	474	16
Pollo	521	18.4	965	455	48%	51.0	20.00	199	1622	79.0	7.0	7.5	47.0	569	4.43	505	16
Latin Combo	140	4.9	162	45	29%	5.2	1.00	0	263	24.8	1.5	0.7	3.7	9	0.27	0	0
NACHOS																	
Classic (no meat)	442	15.6	679	412	60%	46.0	14.00	38	2046	58.0	10.0	8.0	12.0	129	2.11	957	18
Carne	527	18.6	865	499	57%	56.0	18.00	107	2217	58.0	10.0	8.0	35.0	134	4.49	958	18
Pollo	527	18.6	828	478	57%	53.5	16.00	147	2147	59.0	10.0	8.0	31.0	137	2.99	989	19
QUESADILLA																	
Classic (no meat)	310	10.9	796	451	56%	50.0	25.00	135	1472	54.0	5.0	6.5	34.0	852	3.14	474	15
Carne	367	12.9	920	508	55%	57.0	27.00	181	1586	54.0	5.0	6.5	50.0	855	4.72	474	15
Pollo	396	14.0	946	516	55%	58.0	27.00	244	1573	54.0	5.0	6.8	53.5	861	4.02	505	16
SOFT TACO																	
Carne	226	8.0	347	206	59%	23.0	10.25	78	486	17.0	4.6	3.6	19.0	179	1.92	775	17
Pollo	97	3.4	171	78	46%	08.7	3.60	70	147	09.0	1.4	0.9	14.0	125	0.77	317	2
Combo Carne	475	16.5	728	346	48%	38.7	15.45	124	964	56.5	9.1	5.4	39.3	629	4.59	2131	51
Combo Pollo	475	16.1	708	321	45%	35.9	14.34	110	901	68.7	13.6	5.3	33.0	520	2.3	1214	20
Combo 1 & 1	642	21.4	952	527	55%	59.0	25.50	207	1374	61.0	11.0	8.5	47.0	575	3.44	1673	35
TOSTADA																	
Classic (no meat)	373	13.2	429	239	55%	27.0	10.00	44	721	38.0	7.0	5.0	11.0	193	1.25	893	21
Carne	341	12.0	442	245	55%	27.0	12.00	86	742	25.0	7.4	5.0	25.0	185	2.31	893	21
Pollo	374	13.2	449	239	53%	26.5	11.00	116	786	29.0	8.6	5.6	24.5	187	1.43	914	21
TACO SALAD																	
No Meat	547	19.3	815	443	54%	49.0	19.00	89	1943	68.0	8.1	8.8	26.0	556	3.55	1525	22
Beef	558	19.7	900	517	57%	57.0	22.00	159	1957	49.0	8.0	8.0	47.0	560	5.93	1525	22
Chicken	530	18.7	856	494	57%	55.0	21.00	198	1414	48.0	7.0	8.0	43.0	557	3.90	1075	19
Side of Rice	113	4.0	152	19	14%	02.0	00.00	0	234	28.5	0.4	0.9	03.4	2	0.00	0	0
Side of Beans	29	1.0	24	15	63%	01.7	00.00	0	45	01.7	0.6	0.0	00.6	4	0.14	0	0
GRILL																	
Cheeseburger	288	10.2	536	232	45%	26.0	10.56	100	1152	39.0	0.8	2.7	35.0	271	3.83	423	6
Gardenburger	270	9.5	379	73	20%	8.2	2.00	20	1148	61.0	5.8	3.7	15.0	277	1.85	423	6
GRILLED CHEESE																	
Classic (no meat)	111	3.9	433	265	62%	30.0	12.72	37	1016	27.0	1.4	2.5	14.5	379	1.79	195	0
Ham	161	5.7	511	271	53%	30.5	12.88	50	1405	38.0	2.0	1.5	22.0	299	20.38	195	0
Turkey	139	4.9	463	267	59%	30.0	12.72	52	1265	27.5	1.4	2.5	19.5	379	2.14	195	0
Hot Dog	202	7.1	511	299	59%	33.5	12.00	62	1673	35.0	0.0	07.6	18.0	15	1.42	0	0
Lancer Club Sandwich	344	12.1	625	303	49%	33.0	7.42	80	2004	47.0	6.0	7.0	32.0	210	4.23	482	10
French Fries	150	5.3	272	124	45%	13.8	3.62	0	746	35.2	2.7	0.3	3.2	13	0.88	6	25
Small Side Salad	125	4.4	28	4	10%	0.4	0.00	0	73	05.0	2.3	1.2	2.9	95	2.55	8597	28
SALAD DRESSING																	
2000 Island	28	1.0	146	122	92%	14.0	0.00	9	177	3.0	0.0	2.0	0.0	2	0.08	123	0
Blue Cheese	26	0.9	59	42	75%	04.7	2.23	12	184	1.5	0.1	1.0	2.0	54.0	0.0	199.0	0.0
Creamy Caesar	43	1.5	208	198	95%	23.0	3.46	0	390	2.0	0.0	1.0	1.0	20	0	200	0
Honey Mustard	30	1.1	150	120	80%	14.0	2.00	10	200	06.0	0.0	06.0	1.0	0	0	0	0
Italian	28	1.0	100	100	100%	11.0	2.00	0	270	1.0	0.0	0.0	0.0	0	0	0	0
Italian Fat Free	43	1.5	15	0	0%	0.0	0.00	0	700	5.0	1.0	3.0	0.0	0	0	0	0
Ranch	57	2.0	220	200	91%	22.0	3.50	15	500	4.0	0.0	3.0	0.0	0	0	0	0
CROUTONS	7	0.2	30	10	33%	1.0	0.00	0	100	5.0	0.0	0.0	1.0	0	0.36	0	0

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Item	Serving Size (gm)	Serving Size (oz)	Cal	Cal from Fat	% Cal from Fat	Fat (gm)	Sat Fat (gm)	Chol (mg)	Sodium (mg)	Carb (gm)	Fiber (gm)	Sugars (gm)	Protein (gm)	Calcium (mg)	Iron (mg)	Vit A (IU)	Vit C (mg)
TOASTIES																	
Buffalo Toastie	238	8.4	496	194	41%	21.0	6.80	76	1682	37.4	3.0	01.2	32.0	57	2.69	236	4
California Toastie	238	8.4	496	194	41%	21.0	6.80	76	1682	37.4	3.0	01.2	32.0	57	2.69	236	4
Italian Meatball Toastie	292	10.3	751	357	47%	39.9	19.29	137	1548	60.0	3.2	04.3	41.0	33	4.51	7	3
Pastrami & Cheese Toastie	286	10.1	475	93	20%	10.2	3.86	96	2487	53.0	3.2	02.2	42.2	52	6.36	90	1
Sriracha Chicken Toastie	267	9.4	663	316	48%	34.9	10.17	119	950	54.4	2.7	03.2	32.5	34	3.63	316	5
Steak & Cheese Toastie	198	7.0	365	56	16%	06.6	2.06	36	1385	53.7	2.3	02.3	23.8	22	4.02	22	5
Teriyaki Chicken Toastie	264	9.3	455	75	16%	08.2	2.03	113	1746	62.6	2.8	04.2	32.7	45	3.96	2530	7
FLATBREADS																	
Vegetable Flatbread	271	9.5	495	178	37%	20.7	7.97	46	1154	65.9	4.6	07.9	14.3	226	1.73	350	26
Classic Flatbread	208	7.4	546	235	41%	26.0	10.80	85	1402	62.4	3.4	5.5	22.0	253	1.18	0	0
Club Flatbread	306	10.9	763	341	46%	38.7	17.49	122	2265	64.7	3.4	6.4	38.7	214	2.19	335	5
Hawaiian Flatbread	237	8.4	592	240	41%	27.5	10.40	74	1650	66.9	3.5	11.0	22.1	216	19.74	37	6
Mediterranean Flatbread	292	10.4	668	289	43%	33.1	9.66	70	1576	69.1	5.8	07.0	28.7	592	5.95	2534	17
Buffalo Flatbread	346	12.2	839	447	52%	49.0	17.43	179	1719	65.2	3.9	07.0	37.4	244	2.26	496	10
BBQ Flatbread	327	11.5	742	361	47%	39.6	17.35	173	1533	65.4	3.8	07.4	36.8	216	2.10	785	8
Quick'n Fit/Pick Two																	
Lemon Herb Chicken Breast	149	5.1	154	13	14%	02.0	0.00	69	498	02.0	0.0	02.0	29.0	01.0	00.8	14.0	05.0
Teriyaki Chicken Breast	148	5.2	165	15	24%	04.1	00.20	69	575	00.6	0.0	0.5	29.1	1	0.86	0	