

2026 NUTRITION FACTS



Better For You

Teriyaki Grilled Chicken Bowl
Teriyaki Grilled Chicken Bowl (Brown Rice)
Garden Salad with Grilled Chicken*
Jr. Jumbo Jack®
* Nutrition information does not include salad dressing or crunchy toppings.
^Buns contain sesame in some regions.

Burgers & More

Bacon Double Smashed Jack™
Bacon & Swiss Buttery Jack™
Bacon Ultimate Cheeseburger™^
Cheeseburger^
Classic Buttery Jack™
Classic Smashed Jack™
Double Jack®^
Hamburger^
Jr. Bacon Cheeseburger^
Jr. Jumbo Jack®^
Jr. Jumbo Jack® Cheeseburger^
Jumbo Jack®^
Jumbo Jack® Cheeseburger^
Sourdough Jack®
Ultimate Cheeseburger™^
^Buns contain sesame in some regions.

Chicken & More

Teriyaki Grilled Chicken Bowl
Teriyaki Grilled Chicken Bowl (Brown Rice)
Chicken Nuggets (4 pc.)
Chicken Nuggets (8 pc.)
Chicken Sandwich^
Chicken Sandwich with Bacon^
Crispy Chicken Strips (3 pc.)
Crispy Chicken Strips (5 pc.)
Fish Sandwich (seasonal)^
Homestyle Ranch Chicken Club
Jack's Spicy Chicken Sandwich^
Jack's Spicy Chicken Sandwich with Cheese^
Sourdough Grilled Chicken Club
The Cluck Chicken Sandwich
^Buns contain sesame in some regions.

Salads

Garden Salad with Crispy Chicken Strips*
Garden Salad with Grilled Chicken*
Side Salad*
Southwest Salad with Crispy Chicken Strips*
Southwest Salad with Grilled Chicken*
Buttermilk Ranch Dressing
Hidden Valley® Balsamic Vinaigrette Dressing
Tri-Colored Tortilla Strips
Wheat Caesar Croutons#
Creamy Southwest Dressing
* Nutrition information does not include salad dressing or crunchy toppings.

Snacks & Sides

Egg Roll (1 pc.)
Egg Roll (3 pc.)
French Fries (Small)
French Fries (Medium)
French Fries (Large)
Panko Onion Rings
Seasoned Curly Fries (Small)
Seasoned Curly Fries (Medium)
Seasoned Curly Fries (Large)
Side Salad*
Stuffed Jalapeños (3 pc.)
Stuffed Jalapeños (7 pc.)
Taco, Regular (1 Taco)
Taco, Tiny (13 pc.)
Taco, Tiny (Sauced & Loaded)
Tree Top® Apple Sauce Pouch
* Nutrition information does not include salad dressing or crunchy toppings.

Breakfast

Bacon Breakfast Jack®^
Breakfast Jack®^
Classic French Toast Sticks (3pc)
Classic French Toast Sticks (6pc)
Classic French Toast Sticks Platter with Bacon
Classic French Toast Sticks Platter with Bacon & Sausage
Classic French Toast Sticks Platter with Sausage
Extreme Sausage® Sandwich^
Grande Sausage Burrito (with salsa)
Grande Sausage Burrito (no salsa)
Hash Brown
Loaded Breakfast Sandwich^
Meat Lovers Breakfast Burrito (with salsa)
Meat Lovers Breakfast Burrito (no salsa)
Sausage Breakfast Jack®^
Sausage Croissant
Sourdough Breakfast Sandwich
Supreme Croissant
Ultimate Breakfast Sandwich ^
^Buns contain sesame in some regions.

Jack's Munchie Meals®

Jack's Spicy Chicken Sandwich^
The Cluck Chicken Sandwich
Ultimate Cheeseburger™^
Double Jack®^
Halfsize (a la carte)
Halfsize (in Munchie Meal)
Onion Rings (4 pc)
Two Tacos
Seasoned Curly Fries (Medium)
French Fries (Medium)
* Nutrition information includes 20fl. oz Coca Cola (Small Drink).
^Buns contain sesame in some regions.

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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SWss	461	590	80	8	2	0	50	1910	600	100	3	26	28
SWss	461	580	90	10	2	0	50	1910	710	95	7	26	29
M	255	210	70	8	4.5	0	70	800	640	9	3	2	25
SEMWss	151	400	230	25	6	0.5	30	700	210	31	1	5	14

SEMW	339	1120	750	83	30	4.5	170	2070	740	49	2	9	45
SEMW	221	800	480	53	23	2.5	125	1210	410	48	3	11	34
SEMWss	273	930	590	65	25	3	165	1960	570	32	1	6	55
SEMWss	120	370	190	21	7	0.5	35	880	150	30	1	4	16
SEMW	279	780	460	51	23	2.5	115	1030	470	51	4	13	31
SEMW	229	720	440	48	18	2.5	90	1380	430	46	2	7	26
SEMWss	313	830	520	58	21	3	140	1430	590	33	2	7	46
SEMWss	108	330	160	18	5	0.5	25	680	140	30	1	4	13
SEMWss	130	470	280	31	9	1	45	1000	190	30	1	5	18
SEMWss	151	400	230	25	6	0.5	30	700	210	31	1	5	14
SEMWss	162	440	260	29	8	1	40	900	220	31	1	5	16
SEMWss	216	520	300	33	10	1.5	60	700	370	32	2	6	23
SEMWss	38	600	360	40	14	1.5	80	1110	400	33	2	6	28
SEMW	224	690	400	44	15	1.5	90	1300	430	39	3	7	33
SEMWss	254	840	530	59	23	3	150	1550	480	31	1	5	47

SWss	461	590	80	8	2	0	50	1910	600	100	3	26	28
SWss	461	580	90	10	2	0	50	1910	710	95	7	26	29
SMW	61	190	120	13	2	0	20	480	135	10	1	0	8
SMW	122	380	240	27	3.5	0	40	970	270	20	2	0	15
SEMWss	181	560	350	38	6	0	40	940	240	40	2	4	15
SEMWss	190	610	370	42	7	0	45	1150	290	40	2	4	19
MW	180	470	210	23	2.5	0	85	1760	420	32	3	2	33
MW	301	780	350	38	4	0	145	2940	700	53	5	3	54
SEFWss	185	450	210	23	3	0	35	1000	290	47	2	6	16
SEMW	306	790	380	42	9	0	70	1930	550	69	5	6	35
SEMWss	265	690	380	42	6	0	55	1360	440	51	3	4	27
SEMWss	277	720	410	45	7	0	65	1510	450	51	3	5	29
SEMW	283	500	210	23	4.5	0	80	1440	600	40	3	7	33
SEMW	229	710	330	37	6	0	45	1610	390	68	4	5	28

MW	248	410	190	21	5	0	75	1330	660	28	4	3	28
M	255	210	70	8	4.5	0	70	800	640	9	3	2	25
M	79	50	30	3.5	2	0	10	90	180	3	1	1	3
MW	355	500	190	22	5	0	75	1340	870	44	9	6	32
M	334	290	80	9	4.5	0	70	800	850	25	7	5	30
EM	50	250	230	26	4.5	0	20	380	50	4	0	1	1
	43	150	140	15	2.5	0	0	250	25	4	0	4	0
	14	70	40	4.5	0	0	0	35	0	8	1	0	1
MW	14	60	20	2	0	0	0	160	30	9	1	1	2
EM	50	190	170	19	3	0	20	740	55	3	0	1	1

SEFW	88	210	110	12	2.5	0	10
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