



# NUTRITION GUIDE

All Stores (Default)\_PROD

170 Commerce Drive | Holts Summit, MO

## VALUE BOX MENU B

### NUTRITIONAL INFORMATION

### ALLERGEN INFORMATION

Item Description	Weight	Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Tot Sugar (g)	Add Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame	
Chicken Sandwich Box		960 - 1040	45 - 57	7 - 10	0	95	2680 - 3140	93 - 100	2	10 - 12	2	38 - 40			x					x		x		
2 pc Chicken Tender Box		880 - 960	55 - 67	8 - 12	0	70	2600 - 3050	65 - 73	1	4 - 5	2	26 - 28			x									
3 pc Chicken Tender Box		1080 - 1160	65 - 78	10 - 14	0	105	3330 - 3790	79 - 87	2	4 - 6	2	38 - 40			x									
8 pc. Dipper Box		890 - 960	49 - 62	7 - 11	0	135	2670 - 3120	59 - 66	< 1	3 - 5	2	45 - 47			x									
1 pc. Fish Fillet Box		720 - 800	47 - 59	7 - 11	0	55	2110 - 2560	50 - 57	< 1	3 - 5	2	20 - 21												
6 pc. Shrimp Box		890 - 970	57 - 70	9 - 13	0	25	2150 - 2610	73 - 81	2	11 - 13	2	16 - 18					x			x		x	x	
Dipper Bowl		680 - 700	33 - 34	12 - 13	0	90	1860 - 2000	64 - 67	5	12 - 13	5	31			x			x		x		x	x	
6-10 pc. Seasoned Potato Wedges		260	9	1	0	0	1070	41	0	2	0	5												
French Fries		330	22	4.5	0	0	620	33	0	0	0	3									x		x	
Premium Chicken Sandwich Original		700	35	6	0	95	2070	59	2	10	2	35			x					x		x		
2 pc. Chicken Tenders		620	45	8	0	70	1980	32	1	3	2	24			x									
3 pc. Chicken Tenders		820	56	9	0	105	2710	46	2	4	2	35			x									
8 pc. Chicken Dippers		630	40	6	0	135	2050	26	< 1	3	2	42			x									
1 pc. Fish Fillet		460	38	7	0	55	1490	16	< 1	3	2	17												
6 pc. Shrimp	.80 oz.	630	48	8	0	25	1540	40	2	11	2	14					x			x		x	x	

VALUE BOXES

VALUE BOX INCLUDES

PROTEIN ONLY

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ADD-ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	4.55 oz.	280 - 840	14 - 48	6 - 14	0	0 - 25	700 - 2360	32 - 92	< 1 - 3	1 - 24	0 - 5	3 - 12												
	Reg Side Item Substitution		0	0	0	0	0	0	0	0	0	0	0												
OMS ONLY	1 pc. Chicken Tender	2.62 oz.	200	11	2	0	30	730	14	< 1	0	0	11			x									
	1 pc. Shrimp	.80 oz.	70	4	1	0	0	170	6	0	1	0	2				x			x			x		
	1 pc. Buttermilk Biscuit		220 - 290	10 - 14	5 - 8	0	0	620 - 980	27 - 35	< 1	< 1 - 3	0	3 - 4												
	Breaded Pork Loin Sandwich (2023)		860	51	12	0	105	1770	60	2	10	2	40			x					x			x	
	Fish Fillet Sandwich		680	40	7	0	55	1900	59	2	10	2	24								x			x	
	Pulled Pork Sandwich		640	38	11	0	70	1240	46	1	10	2	28								x			x	
	Small Livers or Gizzards	8 oz.	740	47 - 49	8 - 10	0	515 - 840	1780 - 2810	29 - 37	< 1 - 1	3	2	42 - 45												
	Large Livers or Gizzards	16.00 oz.	1000	59 - 62	10 - 13	0	765 - 1255	2410 - 3950	42 - 54	1 - 2	3 - 4	2	63 - 67												
LARGE SIDES	French Fries		1000	65	14	0	0	1840	99	0	< 1	0	8								x			x	
	18-20 pc. Seasoned Potato Wedges		780	28	3	0	0	3210	122	0	6	0	14												
	Macaroni & Cheese	13.65 oz	580	28	17	0	80	2520	57	2	5	0	25	x		x					x			x	
	Mashed Potatoes & Gravy	17.70 oz.	650 - 700	34 - 37	16 - 17	0	45	2450 - 2870	72 - 79	6	5 - 8	0	10			x				x					
	Sweet Corn	15.00 oz.	630	29	10	0	0	510	85	7	30	14	10							x		x		x	
	Green Beans	14.13 oz.	190	11	4	0	10	1600	15	4	6	0	5											x	
	24 pc. Hushpuppies	15.04 oz.	1650	103	18	0	0	4130	172	7	32	0	18	x		x	x			x	x	x			
	Cinnamon Apples	12.00 oz.	500	24	9	0	10	250	77	2	62	0	1							x					



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Chicken Gravy 2 oz	2 oz.	35	1.5	1	0	0	470	5	0	2	0	0			x			x	x	x		x	
White Pepper Gravy 2 oz	2 oz.	50	2.5	1	0	0	330	7	0	< 1	0	0			x			x		x		x	
Livers	8 oz.	510	25	6	0	830	1260	26	< 1	< 1	0	44			x					x		x	
Gizzards	8 oz.	510	23	4.5	0	500	2290	34	1	< 1	0	42			x					x		x	
Livers	16.00 oz.	770	38	9	0	1240	1890	39	1	< 1	0	66			x					x		x	
Gizzards	16.00 oz.	770	35	7	0	750	3430	51	2	1	0	62			x					x		x	

GRAVY, 2 OZ.

LIVER/GIZZARD SMALL

LIVER/GIZZARD LARGE

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8 pc. Hushpuppies	5.01 oz.	550	34	6	0	0	1380	57	2	11	0	6	x		x	x		x	x	x			
Cinnamon Apples	4.00 oz.	170	8	3	0	< 5	85	26	< 1	21	0	0						x					
Collard Greens	4.71 oz.	70	4	1.5	0	< 5	660	6	2	2	1	2						x					
French Fries		330	22	4.5	0	0	620	33	0	0	0	3								x		x	
Green Beans	4.71 oz.	60	3.5	1.5	0	< 5	530	5	1	2	0	2											x
Macaroni & Cheese	4.55 oz.	190	9	6	0	25	840	19	< 1	2	0	8	x		x					x		x	
Sweet Corn	5.00 oz.	210	10	3.5	0	0	170	28	2	10	5	3						x		x		x	
Mashed Potatoes & Gravy	6.65 oz.	220 - 230	11 - 12	5 - 6	0	15	820 - 960	24 - 26	2	2 - 3	0	3			x			x					
6-10 pc. Seasoned Potato Wedges		260	9	1	0	0	1070	41	0	2	0	5											
Potato Wedges		260 - 370	9 - 15	1 - 2.5	0	0	230 - 1070	26 - 41	0 - 2	< 1 - 2	0	3 - 5											
6-10 pc. Seasoned Potato Wedges		260	9	1	0	0	1070	41	0	2	0	5											
4 pc. Potato Wedges (Fresh)		370	16	3	0	0	1180	53	3	2	0	7			x								

SMALL SIDES

WEDGES ONLY

**\*PLEASE NOTE:**

While we implement procedures to minimize cross-contact between Champs Chicken items, please be aware that we utilize the same shortening to fry products that contain the following major allergens as defined by the FDA: eggs, fish, dairy, shellfish, soy, tree nuts, and wheat. Menu items containing a combination of product offerings or multiple flavor options show all potential allergens. Please check individual products for item specific allergen information.

All data is based upon standard portion sizing and cooking methods. Actual reported values have been calculated using the Genesis R&D Food software and assume average portions as outlined in product specifications. Because of allowed variances in products and actual minor variations in product preparation at each location, portion sizes and subsequent nutritional information may vary slightly.

**Effective Date: 7/14/2023**