



NUTRITION GUIDE

-TEST CUSTOMER-Champs-
170 Commerce Drive | Holts Summit,
(573) 896-2500

LUNCH/DINNER

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

Item Description	Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Egg	Fish	MSG	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat
3 Chicken Tenders		940 - 1,800	350 - 900	40 - 101	9 - 20	0 - 5	130 - 185	2,930 - 5,500	73 - 184	3 - 14	3 - 60	49 - 63	x		x	x			x	x	x
ChampStix™		720 - 1,570	270 - 810	30 - 91	7 - 18	0 - 5	70 - 130	2,190 - 4,760	59 - 169	3 - 14	3 - 60	30 - 44	x		x	x			x	x	x
6 Chicken Dippers		720 - 1,570	270 - 810	30 - 91	7 - 18	0 - 5	70 - 130	2,190 - 4,760	59 - 169	3 - 14	3 - 60	30 - 44	x		x	x			x	x	x
6 Spicy Fish Dippers		740 - 1,590	310 - 850	35 - 96	9 - 20	0 - 5	0 - 55	2,210 - 4,780	59 - 170	3 - 14	3 - 60	25 - 40	x		x	x			x	x	x
1 pc. Fish		670 - 1,530	290 - 830	33 - 94	9 - 20	0 - 5	15 - 70	1,790 - 4,360	56 - 166	3 - 14	3 - 60	18 - 32	x	x	x	x			x	x	x
Livers or Gizzards		810 - 1,690	320 - 870	37 - 98	8 - 20	0 - 5	385 - 715	2,160 - 5,320	62 - 178	3 - 18	3 - 60	34 - 50	x		x	x			x	x	x
Chicken Fried Chicken		680 - 1,350	250 - 580	28 - 65	7 - 15	0 - 5	85 - 130	2,270 - 4,230	59 - 154	3 - 13	3 - 43	34 - 48	x		x	x			x	x	x
Dipper Bowl		900 - 920	430 - 440	48 - 49	18	3 - 3	95 - 100	2,250 - 2,400	89 - 90	6	12	34	x		x	x			x		x
6 pc. Shrimp		920 - 1,770	460 - 1,000	52 - 114	12 - 23	0 - 5	80 - 140	2,340 - 4,920	72 - 182	3 - 15	2 - 60	20 - 34	x		x	x		x	x	x	x
2 pc. Chicken		1,360 - 3,900	710 - 2,260	80 - 254	22 - 63	0 - 5	215 - 670	3,270 - 9,930	69 - 246	3 - 17	3 - 61	63 - 187	x		x	x			x	x	x
3 Chicken Tenders		960 - 1,710	350 - 730	40 - 86	9 - 16	0 - 5	130 - 165	2,660 - 5,590	75 - 190	3 - 15	3 - 67	49 - 64	x		x	x			x	x	x
ChampStix™		710 - 1,400	270 - 610	30 - 71	7 - 15	0 - 5	70 - 110	1,920 - 4,290	59 - 166	3 - 13	3 - 55	30 - 44	x	x	x	x	x	x	x	x	x
6 Chicken Dippers		750 - 1,470	260 - 660	30 - 77	7 - 15	0 - 5	70 - 110	1,920 - 5,080	62 - 173	3 - 14	3 - 64	30 - 44	x		x	x			x	x	x
3 Chicken Tenders		620 - 1,150	210 - 600	24 - 67	4 - 11	0 - 3	130 - 165	2,160 - 3,820	39 - 103	2 - 8	1 - 38	45 - 53	x		x	x			x	x	x
ChampStix™		400 - 920	120 - 510	14 - 57	2 - 9	0 - 3	70 - 110	1,420 - 3,070	25 - 89	1 - 7	< 1 - 38	25 - 33	x		x	x			x	x	x
6 Chicken Dippers		400 - 920	120 - 510	14 - 57	2 - 9	0 - 3	70 - 110	1,420 - 3,070	25 - 89	1 - 7	< 1 - 38	25 - 33	x		x	x			x	x	x
6 Spicy Fish Dippers		420 - 940	160 - 550	19 - 62	4 - 11	0 - 3	0 - 40	1,440 - 3,100	25 - 89	1 - 7	1 - 38	21 - 29	x	x	x	x			x	x	x
1 pc. Fish		350 - 880	150 - 530	17 - 60	4 - 11	0 - 3	15 - 50	1,020 - 2,680	22 - 85	1 - 7	< 1 - 38	13 - 21	x	x	x	x			x	x	x
Livers or Gizzards		490 - 1,040	180 - 570	21 - 65	3 - 11	0 - 3	385 - 695	1,390 - 3,640	28 - 98	2 - 11	< 1 - 38	30 - 39	x		x	x			x	x	x
Chicken Fried Chicken		360 - 700	110 - 280	13 - 31	2 - 6	0 - 3	85 - 110	1,500 - 2,550	25 - 73	1 - 6	1 - 22	30 - 37	x		x	x			x	x	x
6 pc. Shrimp		590 - 1,120	320 - 700	37 - 80	7 - 14	0 - 3	80 - 120	1,570 - 3,230	38 - 101	2 - 8	< 1 - 38	15 - 23	x		x	x		x	x	x	x
2 pc. Chicken		1,040 - 3,250	570 - 1,960	64 - 220	16 - 54	0 - 3	215 - 655	2,500 - 8,240	35 - 166	2 - 10	< 1 - 39	59 - 177	x		x	x			x	x	x
3 Chicken Tenders		640 - 1,060	210 - 430	24 - 52	4 - 7	0 - 3	130 - 145	1,890 - 3,910	41 - 109	2 - 9	1 - 45	45 - 53	x		x	x			x	x	x

VALUE MEALS - MEALS (SAUCE VALUE MEALS - MEALS, CHAMPS IT), CHAMPS

VALUE MEALS - SNACKS, CHAMPS

SAUCE MEALS - SNACKS, CHAMPS

Item	Weight	Nutrition Facts										Allergens														
		Calories	Total Fat	Total Crap	Sodium	Sugar	Protein	Cholesterol	Fiber	Iron	Vitamin A	Vitamin C	Gluten	Eggs	Milk	Peanuts	Tree Nuts	Soy	Wheat	Olive Oil						
PREMIUM VALUE MEALS - SANDWICHES - SNACKS (SIT), CHAMPS																										
ChampStix™		390 - 750	120 - 310	14 - 37	2 - 6	0 - 3	70 - 90	1,150 - 2,610	25 - 86	1 - 7	< 1 - 33	25 - 33	x	x	x	x	x	x	x	x	x	x	x	x	x	
6 Chicken Dippers		430 - 820	120 - 360	14 - 44	2 - 6	0 - 3	70 - 90	1,150 - 3,390	28 - 92	1 - 8	< 1 - 42	25 - 33	x		x	x				x	x			x	x	x
Premium Chicken		740 - 940	170 - 390	19 - 44	2 - 5	0	85 - 105	2,260 - 3,000	91 - 108	5 - 6	9 - 26	40 - 41	x		x	x				x				x		x
Premium Chicken		520 - 720	100 - 330	12 - 37	2 - 5	0	85 - 105	1,780 - 2,520	58 - 75	2 - 3	8 - 24	36 - 37	x		x	x				x				x		x
Fish Fillet		670	210	24	4	0	15	1,490	89	5	9	24		x												x
Fish Fillet		450	150	17	4	0	15	1,010	56	2	8	19		x												x
Breaded Pork Loin		810	240	27	6	0	95	1,540	90	5	9	47	x				x						x			x
Breaded Pork Loin		590	170	19	5	0	95	1,060	57	2	8	42	x				x						x			x
PREMIUM SANDWICHES - (SAUCE IT) CHAMPS																										
Premium Chicken		740 - 830	170 - 220	19 - 26	2	0	85	2,000 - 2,830	92 - 122	5 - 7	9 - 36	40 - 42	x				x						x			x
Premium Chicken		520 - 610	100 - 150	12 - 19	2	0	85	1,520 - 2,360	59 - 89	2 - 4	8 - 34	36 - 38	x				x						x			x
BY THE PIECE																										
1 pc. Chicken Tender	2.62 oz.	170	60	7	1	0	45	580	10	0	0	15	x				x						x			x
8 pc. Chicken Tenders	18 - 19 oz.	1,320	500	58	8	0	340	4,620	83	3	< 1	118	x				x						x			x
12 pc. Chicken Tenders	28 - 29 oz.	1,980	750	87	12	0	510	6,940	124	5	1	178	x				x						x			x
1 pc. ChampStix™	5.4-6.1 oz.	300 - 340	100 - 130	12 - 16	2	0	70	990 - 1,530	18 - 32	< 1	0 - 13	25 - 26	x	x			x	x	x	x	x	x	x	x	x	x
8 pc. ChampStix™		2,420 - 2,730	810 - 1,060	93 - 131	13	0	575	7,930 - 12,250	147 - 254	5 - 11	1 - 101	200 - 206	x	x			x	x	x	x	x	x	x	x	x	x
12 pc. ChampStix™		3,640 - 4,090	1,210 - 1,590	139 - 196	20	0	865	11,900 - 18,370	221 - 381	8 - 16	2 - 151	301 - 309	x	x			x	x	x	x	x	x	x	x	x	x
8 pc. Chicken Dippers	6.40 oz.	360	130	16	2	0	95	1,320	22	< 1	0	33	x				x						x			x
12 pc. Chicken Dippers	9.60 oz.	540	200	23	3	0	145	1,980	34	1	0	50	x				x						x			x
8 pc. Spicy Fish Dippers		390	190	22	5	0	0	1,350	23	< 1	< 1	28		x												
12 pc. Spicy Fish Dippers		590	280	33	7	0	0	2,020	34	1	1	42		x												
1 pc. Fish Fillet	3.64 oz.	230	130	14	3	0	15	590	14	< 1	0	13		x												
8 pc. Fish Fillet	29 - 30 oz.	1,830	1,000	116	26	0	105	4,740	108	5	2	105		x												
12 pc. Fish Fillet	43 - 44 oz.	2,750	1,500	174	39	0	155	7,110	163	7	2	157		x												
1 pc. Shrimp	.80 oz.	80	50	6	1	0	15	190	5	0	0	2											x			x
8 pc. Shrimp	6.40 oz.	630	400	45	8	0	110	1,530	40	2	0	20											x			x
12 pc. Shrimp	9.60 oz.	940	590	68	12	0	160	2,300	59	3	0	30											x			x
1 pc. Dipping Sauce	1.25 oz.	40 - 240	0 - 230	0 - 25	0 - 4	0	0 - 20	260 - 1,010	1 - 18	0 - 1	0 - 17	0 - 1	x				x	x					x			x
8 pc. Dipping Sauce	10.00 oz.	340 - 1,920	0 - 1,810	0 - 202	0 - 29	0	0 - 145	2,110 - 8,060	10 - 144	0 - 10	0 - 134	0 - 10	x				x	x					x			x
12 pc. Dipping Sauce	15.00 oz.	500 - 2,880	0 - 2,720	0 - 302	0 - 43	0	0 - 215	3,170 - 12,100	14 - 216	0 - 14	0 - 202	0 - 14	x				x	x					x			x
1 pc. Biscuit	2.34 oz.	240	120	13	5	0	0	610	27	< 1	< 1	4	x				x						x			x

MEAT	8 pc. Biscuit	18 - 19 oz.	1,920	950	106	38	0	0	4,880	216	8	8	32	x			x		x		x
	12 pc. Biscuit	28 - 29 oz.	2,870	1,420	159	57	0	0	7,320	324	12	12	48	x			x		x		x
	8 pc. Mixed Chicken		3,530	2,110	238	63	0	845	8,300	125	5	1	230	x			x		x		x
	12 pc. Mixed Chicken		5,300	3,170	356	94	0	1,265	12,450	187	7	2	345	x			x		x		x
	1 pc. Chicken Breast	10.30 oz.	830	490	56	15	0	195	1,950	31	1	0	53	x			x		x		x
	1 pc. Chicken Thigh	5.89 oz.	470	280	32	8	0	115	1,130	16	< 1	0	31	x			x		x		x
	1 pc. Chicken Leg	3.09 oz.	240	140	16	5	0	60	520	7	0	0	16	x			x		x		x
	1 pc. Chicken Wing	1.66 oz.	230	140	15	4	0	55	550	9	0	0	15	x			x		x		x
	Small Livers or Gizzards	8 oz.	360 - 390	160 - 170	18 - 19	3 - 3	0	385 - 660	960 - 1,550	19 - 26	< 1 - 5	0	30 - 31	x			x		x		x
	Large Livers or Gizzards	16.00 oz.	830 - 930	380	43	6 - 7	0	910 - 1,515	2,210 - 3,660	45 - 61	2 - 11	0 - < 1	68 - 73	x			x		x		x
SMALL SIDES	Mac & Cheese	4.55 oz.	170	80	9	4	0	20	590	15	< 1	1	7	x			x				x
	Mashed Potatoes	6.65 oz.	190 - 200	80 - 90	9 - 10	5 - 5	0	20 - 25	630 - 780	25 - 27	2	4	3 - 4			x	x				x
	Green Beans	4.71 oz.	80	45	5	2	0	10	580	7	2	< 1	3			x					x
	Sweet Corn	5.00 oz.	180	80	9	2	3	0	160	25	2	7	3								x
	Red Beans & Rice	5.00 oz.	120	25	3	1	0	< 5	350	18	6	< 1	6								x
	Cinnamon Apples	4.00 oz.	160	70	7	2	2	0	200	25	1	21	0								x
	Potato Wedges	5.37 oz.	290	90	10	0	0	0	640	44	4	2	6	x			x				x
	Hushpuppies	5.01 oz.	410	180	21	4	0	0	1,080	54	5	8	5	x			x				x
LARGE SIDES	Mac & Cheese	13.65 oz.	500	240	26	13	0	60	1,770	45	2	4	21	x			x				x
	Mashed Potatoes	17.70 oz.	530 - 570	230 - 250	26 - 28	13 - 14	0	60 - 70	1,640 - 1,940	72 - 75	6	10	10			x	x				x
	Green Beans	14.13 oz.	250	140	16	6	0	25	1,730	21	6	2	9			x					x
	Sweet Corn	15.00 oz.	530	240	26	5	7	0	480	75	7	22	9								x
	Red Beans & Rice	15.00 oz.	350	70	8	3	0	15	1,040	53	17	2	18								x
	Cinnamon Apples	12.00 oz.	490	200	22	5	6	0	610	75	4	63	1								x
	Potato Wedges	16.10 oz.	880	260	29	1	0	0	1,910	132	12	6	18	x			x				x
	Hushpuppies	15.04 oz.	1,230	540	62	12	0	0	3,230	161	16	24	16	x			x				x
ADD YOUR SIDES	1 large side & 4 biscuits		1,200 - 2,190	540 - 1,020	61 - 115	20 - 32	0 - 7	0 - 60	2,920 - 5,670	129 - 269	6 - 21	6 - 67	17 - 37	x		x	x				x
	2 large sides & 6 biscuits		1,930 - 3,900	850 - 1,800	95 - 203	30 - 54	0 - 14	0 - 115	4,620 - 10,110	204 - 485	9 - 39	10 - 131	26 - 65	x		x	x				x
	3 large sides & 8 biscuits		2,650 - 5,610	1,150 - 2,580	129 - 291	41 - 76	0 - 20	0 - 175	6,320 - 14,560	278 - 700	13 - 58	14 - 196	35 - 94	x		x	x				x
SS	8 pc. Party Wings	13 - 14 oz.	740 - 1,180	430 - 610	48 - 75	13	0	280	2,180 - 5,160	30 - 104	1 - 6	0 - 62	49 - 54	x			x				x

PARTY WINGS	12 pc. Party Wings	19 - 20 oz.	1,110 - 1,770	650 - 910	73 - 112	20	0	420	3,270 - 7,730	45 - 155	2 - 9	0 - 92	74 - 80	x			x			x		x	
	20 pc. Party Wings	33 - 34 oz.	1,840 - 2,950	1,080 - 1,510	121 - 187	33	0	695	5,460 - 12,890	75 - 259	3 - 14	< 1 - 154	123 - 134	x			x			x		x	
	40 pc. Party Wings		3,680 - 5,910	2,150 - 3,030	242 - 374	66	0	1,395	10,910 - 25,780	150 - 518	6 - 28	2 - 308	245 - 268	x			x			x		x	
DIPPING CUPS - CHAMPS	Buffalo Sauce	1.5 oz.	50	45	5	1	0	0	1,010	1	0	0	0										
	Cocktail Sauce	1.5 oz.	50	5	1	0	0	0	420	12	1	8	1								x		x
	Honey Mustard	1.5 oz.	200	150	17	3	0	5	340	11	0	10	0	x									
	Jalapeno Mustard	1.5 oz.	40	5	1	0	0	0	440	11	0	10	1										
	Ranch Dressing	1.5 oz.	240	230	25	4	0	10	300	2	0	2	1	x		x	x						
	Sassy Chipotle Ranch	1.5 oz.	230	220	24	4	0	10	550	2	0	2	1	x		x	x						
	Sweet & Sour	1.5 oz.	50	0	0	0	0	0	310	14	0	10	0										
	Sweet N' Fiery	1.5 oz.	70	20	3	0	0	0	610	13	0	12	0										
	Sweet N' Smokey BBQ	1.5 oz.	70	0	0	0	0	0	320	18	0	17	0										
	Tartar Sauce	1.5 oz.	170	130	14	3	0	20	260	7	0	6	0	x									

***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.