



# NUTRITION GUIDE

-TEST CUSTOMER-Coopers-  
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	
Cooper's Skewers®		700 - 1,190	270 - 610	30 - 69	11 - 18	0 - 3	75 - 115	2,250 - 3,800	60 - 123	2 - 7	4 - 28	33 - 38	x	x	x	x	x	x	x	x	x	x
Chicken Fingers		740 - 1,230	280 - 620	32 - 71	11 - 18	0 - 3	90 - 125	2,320 - 3,860	62 - 125	2 - 7	4 - 28	38 - 43	x	x	x	x	x	x	x	x	x	x
Chicken Poppers		700 - 1,190	270 - 610	30 - 69	11 - 18	0 - 3	75 - 115	2,270 - 3,810	60 - 123	2 - 7	4 - 28	33 - 38	x	x	x	x	x	x	x	x	x	x
Spicy Fish Poppers		730 - 1,220	310 - 650	35 - 74	12 - 19	0 - 3	0 - 40	2,400 - 3,940	60 - 123	2 - 7	4 - 28	29 - 34	x	x	x	x	x	x	x	x	x	x
Crispy Fish		660 - 1,150	290 - 630	33 - 72	12 - 19	0 - 3	15 - 50	1,980 - 3,520	57 - 120	2 - 7	4 - 27	21 - 26	x	x	x	x	x	x	x	x	x	x
Livers or Gizzards		790 - 1,310	330 - 670	37 - 76	12 - 19	0 - 3	390 - 700	2,230 - 4,310	63 - 132	3 - 11	4 - 28	38 - 45	x	x	x	x	x	x	x	x	x	x
Chicken Fried Chicken		670 - 980	260 - 380	29 - 43	11 - 14	0 - 3	90 - 115	2,370 - 3,300	60 - 107	2 - 7	5 - 11	38 - 42	x	x	x	x	x	x	x	x	x	x
Fried Chicken		1,330 - 3,480	700 - 2,040	79 - 229	25 - 61	0 - 3	220 - 670	3,280 - 8,260	69 - 196	3 - 11	4 - 30	67 - 182	x	x	x	x	x	x	x	x	x	x
Cooper's Skewers®		690 - 1,020	270 - 410	30 - 48	11 - 14	0 - 3	75 - 95	2,000 - 3,340	60 - 120	2 - 8	4 - 23	33 - 38	x	x	x	x	x	x	x	x	x	x
Chicken Fingers		750 - 1,090	280 - 440	32 - 52	11 - 14	0 - 3	90 - 110	2,050 - 3,580	63 - 123	2 - 9	4 - 27	38 - 43	x	x	x	x	x	x	x	x	x	x
Chicken Poppers		740 - 1,090	270 - 460	30 - 55	11 - 14	0 - 3	75 - 95	2,000 - 4,130	63 - 126	2 - 9	4 - 32	33 - 39	x	x	x	x	x	x	x	x	x	x
Cooper's Skewers®		590 - 790	200 - 430	23 - 49	4 - 7	0	80 - 95	1,850 - 2,600	58 - 75	3	2 - 18	31 - 32	x	x	x	x	x	x	x	x	x	x
Chicken Fingers		630 - 830	220 - 440	25 - 50	4 - 7	0	90 - 110	1,920 - 2,660	60 - 77	3	2 - 19	35 - 36	x		x	x			x		x	
Chicken Poppers		590 - 790	200 - 430	23 - 49	4 - 7	0	80 - 95	1,870 - 2,610	58 - 75	3	2 - 18	31 - 32	x		x	x			x		x	
Spicy Fish Poppers		610 - 810	240 - 470	28 - 53	5 - 9	0	< 5 - 20	2,000 - 2,740	58 - 75	3	2 - 19	26 - 27	x	x	x	x	x	x	x	x	x	x
Crispy Fish		550 - 750	230 - 450	26 - 51	5 - 9	0	15 - 35	1,580 - 2,320	55 - 71	3	1 - 18	18 - 20	x	x	x	x			x		x	
Livers or Gizzards		680 - 910	260 - 490	30 - 56	5 - 8	0	395 - 685	1,830 - 3,110	61 - 84	4 - 7	2 - 19	35 - 38	x	x	x	x	x	x	x	x	x	x
Chicken Fried Chicken		560 - 570	190 - 200	22 - 23	4 - 4	0	95 - 95	1,970 - 2,100	58 - 59	3	2	35	x	x	x	x	x	x	x	x	x	x
Fried Chicken		1,220 - 3,080	640 - 1,860	72 - 209	18 - 51	0	220 - 650	2,880 - 7,060	67 - 147	4 - 7	2 - 20	64 - 175	x	x	x	x	x	x	x	x	x	x
Cooper's Skewers®		580 - 620	200 - 230	23 - 28	4	0	80	1,600 - 2,140	58 - 72	3 - 4	2 - 14	31	x	x		x	x	x	x	x	x	x
Chicken Fingers		630 - 690	220 - 260	25 - 32	4	0	90	1,650 - 2,380	61 - 74	3 - 5	2 - 18	35 - 36	x	x		x	x	x	x	x	x	x
Chicken Poppers		630 - 690	200 - 280	23 - 35	4	0	80	1,600 - 2,930	61 - 78	3 - 5	2 - 23	31 - 32	x	x		x	x	x	x	x	x	x
Big & Juicy Chicken		520 - 720	100 - 330	12 - 37	2 - 5	0	90 - 105	1,690 - 2,440	58 - 75	2	8 - 25	36 - 37	x		x	x			x		x	

VALUE MEALS - VALUE MEALS - MEALS, COOPER'S FULL  
 VALUE MEALS - SNACKS (SAUCE IT), COOPER'S FULL  
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PREMIUM SANDWICHES - COOPER'S	Big & Juicy Chicken		800 - 1,000	200 - 430	23 - 49	4 - 7	0	95 - 110	2,410 - 3,160	98 - 114	4	9 - 26	41 - 42	x		x	x			x	x	
	Crispy Fish Fillet		730	250	29	6	0	15	1,730	96	4	9	25		x					x	x	
	Crispy Fish Fillet		450	150	17	4	0	15	1,010	56	2	8	19		x						x	
	Breaded Pork Loin		930	280	32	7	0	100	2,170	111	5	9	50	x			x			x	x	
	Breaded Pork Loin		650	180	20	5	0	100	1,450	71	2	8	44	x			x			x	x	
PREMIUM SANDWICHES - COOPER'S (SAUCE IT)	Big & Juicy Chicken		800 - 890	200 - 250	23 - 31	4	0	95	2,150 - 2,990	99 - 129	4 - 6	9 - 36	41 - 43	x	x		x	x	x	x	x	
	Big & Juicy Chicken		520 - 610	100 - 150	12 - 19	2	0	90	1,430 - 2,270	59 - 89	2 - 4	8 - 35	36 - 38	x			x			x	x	
SMALL SIDES - COOPER'S	Macaroni & Cheese	4.55 oz.	170	80	9	4	0	20	590	15	< 1	1	7	x			x				x	
	Mashed Potatoes & Gravy	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	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	x	
	Red Beans & Rice	5.00 oz.	120	25	3	1	0	< 5	350	18	6	< 1	6							x	x	
	Jo-Jo Wedges	5.37 oz.	370	140	16	3	0	< 5	960	53	3	2	7	x	x		x	x	x	x	x	x
LARGE SIDES - COOPER'S	Macaroni & Cheese	13.65 oz.	500	240	26	13	0	60	1,770	45	2	4	21	x			x				x	
	Mashed Potatoes & Gravy	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	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	x	
	Red Beans & Rice	15.00 oz.	350	70	8	3	0	15	1,040	53	17	2	18							x	x	
	Jo-Jo Wedges	16.10 oz.	1,120	410	47	8	0	15	2,880	159	9	5	21	x	x		x	x	x	x	x	x
MAX PACKS - COOPER'S	Cooper's Skewers®		1,210 - 1,360	400 - 530	46 - 66	6	0	300	3,530 - 5,690	74 - 127	3 - 6	2 - 52	101 - 104	x	x		x	x	x	x	x	
	Cooper's Skewers®		2,420 - 2,730	810 - 1,060	93 - 131	13	0	600	7,060 - 11,380	148 - 255	6 - 12	4 - 103	202 - 208	x	x		x	x	x	x	x	x
	Cooper's Skewers®		4,120 - 4,570	1,400 - 1,780	161 - 218	22	0	1,060	11,300 - 17,770	243 - 403	11 - 19	6 - 155	356 - 364	x	x		x	x	x		x	x
	Chicken Fingers		620	230	27	4	0	175	1,860	37	2	< 1	59	x			x				x	x
	Chicken Fingers		1,250	470	54	7	0	355	3,730	75	4	2	119	x			x				x	x
	Chicken Fingers		1,870	700	81	11	0	530	5,590	112	5	3	178	x			x				x	x
	Saucy Wings	6 - 7 oz.	370 - 590	220 - 300	24 - 37	7	0	140	980 - 2,460	15 - 52	< 1 - 3	0 - 31	25 - 27	x			x				x	x
	Saucy Wings	13 - 14 oz.	740 - 1,180	430 - 610	49 - 75	13	0	285	1,960 - 4,930	30 - 104	1 - 6	< 1 - 62	50 - 54	x			x				x	x
	Saucy Wings	19 - 20 oz.	1,110 - 1,770	650 - 910	73 - 112	20	0	425	2,930 - 7,390	45 - 155	2 - 9	1 - 93	74 - 81	x			x				x	x
	Crispy Fish		920	500	58	13	0	50	2,370	54	2	< 1	52			x						
	Crispy Fish		1,830	1,000	116	26	0	105	4,740	108	5	2	105			x						



DIPPIN	Sweet N' Fiery	1.5 OZ.	70	20	3	0	0	0	610	13	0	12	0								
	Sweet N' Smokey	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.