

Wendy's Menu Items	Calories	Total Fat	Cost	Menu Item	Calories	Total Fat	Cost
Jr. Hamburger	280	9	.99	Frescata Italiana	510	24	3.60
Jr. Cheeseburger	320	13	1.05	Small Chilli	220	6	1.50
Jr. Cheeseburger Deluxe	360	16	1.35	Large Chilli	430	16	2.25
Jr. Bacon Cheeseburger	370	17	1.55	Homestyle Chicken Strips	410	21	2.50
Hamburger, Kids' Meal	270	9	3.25	4 piece Kids' Meal Nuggets	190	12	1.20
Cheeseburger, Kids' Meal	320	13	3.45	5 Piece Nuggets	230	15	1.35
Ham & Cheese, Kids' Meal	240	6	3.50	10 Piece Nuggets	460	30	1.50
Turkey & Cheese, Kids' Meal	250	6	3.50	Kids' Meal French Fries	280	12	.99
Classic Single w/ Everything	420	20	2.30	Small French Fries	440	18	1.10
Big Bacon Classic	590	30	3.60	Medium French Fries	490	20	1.15
Ultimate Chicken Grill	370	8	3.45	Large French Fries	590	24	1.25
Spicy Chicken Fillet	480	17	3.55	Junior Chocolate Frosty	160	4	.99
Homestyle Chicken Fillet Sandwich	470	16	3.40	Small Chocolate Frosty	330	8	1.05
Crispy Chicken Sandwich	380	14	3.25	Medium Chocolate Frosty	430	11	1.25
Black Forest Ham & Swiss Frescata	470	19	3.60	Spite, Small Cup	130	0	1.30
Roasted Turkey & Swiss Frescata	480	20	3.60	Coca-Cola, Small Cup	140	0	1.30
Frescata Club	440	17	3.75	Milk, 2%	120	3	1.35
Roasted Turkey & Basil Pesto Frescata	420	15	3.60	Dansani Water	0	0	1.45

