



NUTRITION GUIDE

All Stores (Default)_PROD
170 Commerce Drive | Holts Summit, MO

VALUE BOX MENU C

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

Item Description	Cals	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	1030	57	10	0	90	2650	92	2	10	9	38	x		x					x		x	
2 pc Chicken Tender Box	870	59	11	0	85	2280	57	< 1	3	2	31	x		x					x		x	
3 pc Chicken Tender Box	1030	67	12	0	125	2870	67	1	4	2	45	x		x					x		x	
8 pc. Dipper Box	950	61	10	0	130	2550	59	< 1	3	2	45	x		x					x		x	
1 pc. Fish Fillet Box	790	59	11	0	50	2080	50	< 1	3	2	19	x	x	x			x		x		x	
6 pc. Shrimp Box	960	69	13	0	20	2120	73	2	11	3	16	x		x					x		x	
2 pc. Chicken Box Mixed (Breast/Wing Image)	1510 - 1800	92 - 109	23 - 28	0	245 - 310	3830 - 4170	91	2	2	0	74 - 90			x					x		x	
3 pc. Chicken Box (Breast/Thigh/Leg Only)	1860	125	32	0	365	4240	86	2	2	0	104			x					x		x	
Dipper Bowl	630 - 640	29 - 30	14	0	85	1800 - 1940	46 - 49	4	12 - 13	5	31			x			x		x		x	
French Fries	330	22	4.5	0	0	620	33	0	0	0	3								x		x	
Premium Chicken Sandwich Original	700	35	6	0	90	2030	59	2	10	9	35	x		x					x		x	
2 pc. Chicken Tenders	540	38	6	0	85	1670	24	< 1	3	2	28	x		x					x		x	
3 pc. Chicken Tenders	700	45	7	0	125	2260	34	1	3	2	42	x		x					x		x	
8 pc. Chicken Dippers	620	39	6	0	130	1930	25	< 1	3	2	42	x		x					x		x	
1 pc. Fish Fillet	460	37	6	0	50	1470	17	< 1	3	2	17	x	x	x			x				x	
6 pc. Shrimp	630	47	8	0	20	1500	40	2	11	3	14	x		x					x		x	
2 pc. Chicken Mixed (Breast/Wing Image)	1170 - 1460	70 - 88	18 - 23	0	245 - 310	3210 - 3550	58	2	1	0	71 - 87			x					x		x	
3 pc. Chicken (Breast, Thigh, Leg Only)	1520	103	27	0	365	3620	52	2	1	0	101			x					x		x	

VALUE
BOXES

VALUE
BOX
INCLUDES

PROTEIN
ONLY

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	NUTRITIONAL INFORMATION													ALLERGEN INFORMATION									
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ADD- ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	270 - 980	14 - 64	6 - 17	0	0 - 25	730 - 2410	32 - 94	< 1 - 3	1 - 30	0 - 19	3 - 12	x		x	x		x	x	x		x	
	Reg Side Item Substitution	0	0	0	0	0	0	0	0	0	0	0											
OMS ONLY	1 pc. Chicken Tender	160	7	1	0	40	590	10	0	0	0	14			x					x		x	
	1 pc. Shrimp	70	4	1	0	0	170	6	0	1	0	2								x		x	
	1 pc. Buttermilk Biscuit	220 - 290	10 - 14	5 - 8	0	0	620 - 980	27 - 35	< 1	< 1 - 3	0 - < 1	3 - 4			x			x		x		x	
	1 pc. Chicken Breast	830	55	14	0	190	2090	34	1	< 1	0	54			x					x		x	
	1 pc. Chicken Thigh	520	33	9	0	120	1440	23	< 1	< 1	0	34			x					x		x	
	1 pc. Chicken Leg	230	16	4	0	60	510	7	0	0	0	16			x					x		x	
	1 pc. Chicken Wing	250	15	4	0	55	740	13	0	0	0	16			x					x		x	
	Breaded Pork Loin Sandwich (2023)	850	50	11	0	100	1740	59	2	10	9	40	x		x					x		x	
	Fish Fillet Sandwich	680	39	7	0	50	1880	59	2	10	9	24	x	x	x			x		x		x	
	Pulled Pork Sandwich	890	58	16	0	115	3050	50	1	11	9	40	x		x					x		x	
	Small Livers or Gizzards	630 - 650	46 - 49	8 - 10	0	430 - 865	2000 - 2880	35 - 43	1	3 - 4	2	38 - 47	x		x					x		x	
	Large Livers or Gizzards	830 - 870	58 - 62	10 - 13	0	640 - 1295	2760 - 4080	50 - 62	2	4	2	56 - 71	x		x					x		x	
SMALL SIDES	French Fries	330	22	4.5	0	0	620	33	0	0	0	3								x		x	
	Potato Wedges *Premium*	260 - 370	9 - 15	1 - 2.5	0	0	230 - 1430	26 - 45	0 - 2	< 1 - 2	0	3 - 6			x					x		x	
	Macaroni & Cheese	190	9	6	0	25	840	19	< 1	2	0	8	x		x					x		x	
	Mashed Potatoes & Gravy	170 - 180	7 - 8	7 - 8	0	15	800 - 940	6 - 9	1	2 - 3	0	3			x			x		x		x	
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3						x		x		x	
	Green Beans	60	3.5	1.5	0	< 5	530	5	1	2	0	2											
	8 pc. Hushpuppies	690	50	9	0	< 5	830	59	0	16	13	5	x		x	x		x	x	x			
	Cinnamon Apples	220	10	3.5	0	< 5	110	33	< 1	27	18	0						x					

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	LARGE WEDGES ONLY	18-20 pc. Seasoned Potato Wedges	780	28	3	0	0	3210	122	0	6	0	14										
		12 pc. Potato Wedges (Fresh)	1100	47	8	0	0	3530	157	8	5	0	22			x				x		x	
		18 pc. Potato Wedges (Breaded)	930	37	6	0	0	4280	134	7	5	0	19										

***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: 10/16/2026