

Menu Nutritional Information
Kids Menu June 2009



Total Calories

Fat Calories

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fiber (g)

Sugar (g)

Protein (g)

Menu Item

***KIDS MY MEALS**

* Data for My Meals side, beverage, and dessert selection listed separately. Refer to Salads and Soups Data for selection of side salad and cup of soup.

MY MEALS SIDES:

APPLE SLICES	100	0	0	0	0	0	26	5	20	1
APPLESAUCE	110	0	0	0	0	0	27	1	25	0
FRIES	200	80	8	1	0	100	29	2	0	2
MIXED VEGETABLES	110	50	6	3	0	110	13	4	6	3
CORN	160	70	7	3	0	70	20	4	9	4
BROCCOLI	90	50	6	3	0	100	6	4	2	3
RICE	210	30	3	0	0	900	41	0	2	3
SPANISH RICE	330	130	15	6	0	1200	41	0	2	7
HOMESTYLE MASHED POTATOES	240	110	12	7	30	160	29	2	4	4
COLE SLAW	160	110	12	2	10	260	13	2	8	1
MANDARIN ORANGES	80	0	0	0	0	10	20	0	18	0

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Sugar (g)

Protein (g)

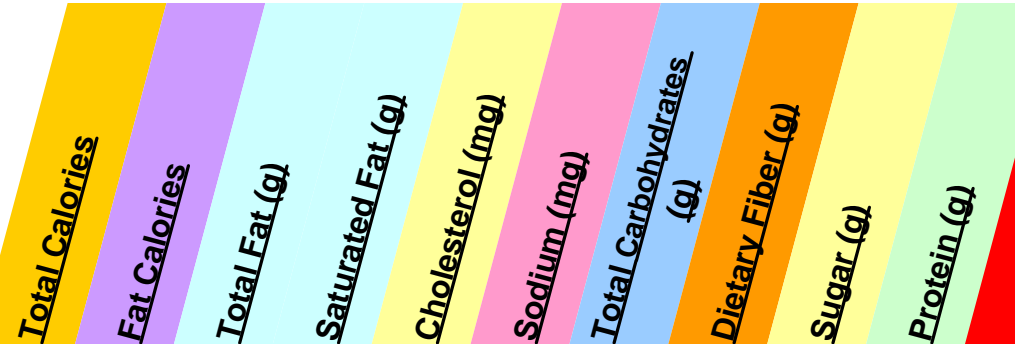
Menu Item

MY MEALS ENTREES:

*Includes pickle chips and condiments where stated.

FRIENDLY'S CHICKEN FINGERS	330	170	19	3	50	730	19	2	1	19
BBQ SAUCE	90	0	0	0	0	400	20	0	11	0
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
CHEESEBURGER SLIDERS	450	190	21	7	50	1270	46	6	6	21
CHICKEN SLIDERS	710	350	38	10	60	1340	65	7	16	24
MINI MOZZARELLA STICKS	360	190	21	7	30	1250	30	2	4	12
MOZZARELLA STICKS	430	230	26	9	40	1430	36	3	4	15
MAC & CHEESE	340	100	11	3	30	1020	48	2	1	12
GRILLED CHEESE	290	150	17	9	20	890	24	2	1	8
CHEESEBURGER	450	250	27	12	70	1010	29	1	4	21
HAMBURGER	410	220	24	10	60	820	29	1	4	19
FRIENDLY FRANK	410	270	30	13	30	1000	25	1	4	10
CHEESE QUESADILLA	890	540	60	34	120	1460	51	3	6	37
CHEESY MAC & FRANK	510	230	26	9	60	1470	50	2	1	18

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Menu Item

MY MEALS BEVERAGES:												
Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)		
ORANGE JUICE	130	0	0	0	0	0	29	0	25	2		
TOMATO JUICE	60	0	0	0	0	770	11	2	8	2		
CRANBERRY JUICE	150	0	0	0	0	40	37	0	37	0		
GRAPEFRUIT JUICE	120	0	0	0	0	80	27	0	23	2		
APPLE JUICE	120	0	0	0	0	40	32	0	32	0		
COTTON CANDY	220	0	0	0	0	30	56	0	54	0		
ROYAL RAZZ	220	0	0	0	0	30	56	0	54	0		
FRIENDLY'S SHIRLEY TEMPLE	220	0	0	0	0	30	55	0	53	0		
COKE	110	0	0	0	0	10	29	0	29	0		
SPRITE	110	0	0	0	0	20	27	0	27	0		
FANTA ORANGE	120	0	0	0	0	0	31	0	31	0		
BARQ'S ROOT BEER	120	0	0	0	0	30	32	0	32	0		
MINUTE MAID LEMONADE	100	0	0	0	0	40	27	0	27	0		
DIET COKE	0	0	0	0	0	0	0	0	0	0		
CHOCOLATE MILK	330	30	4	3	20	180	61	1	47	11		
STRAWBERRY MILK	350	20	3	2	10	350	73	0	62	9		
VANILLA MILK	340	20	3	2	10	140	70	0	66	9		
COFFEE MILK	350	20	3	2	10	150	71	0	60	9		
2% MILK	160	30	4	2	20	160	19	0	19	12		

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Sugar (g)

Protein (g)

Menu Item

MY MEALS FOUNTAIN BEVERAGES:

VANILLA FRIBBLE	410	120	13	9	40	240	64	0	56	10
CHOCOLATE FRIBBLE	390	110	12	8	30	280	61	1	51	12
STRAWBERRY FRIBBLE	410	120	13	9	40	290	66	0	55	10
COFFEE FRIBBLE	410	120	13	9	40	240	65	0	54	10

MY MEALS DESSERTS:

KIDS HOT FUDGE	330	150	17	11	50	100	41	1	30	4
OREO	420	180	20	12	50	200	53	1	38	6
MONSTER MASH SUNDAE	430	200	22	12	50	160	51	1	41	8
CONEHEAD SUNDAE	430	180	20	13	50	170	56	1	39	7
FRIEND-Z PEANUT BUTTER CUP	860	400	45	19	50	500	95	5	73	19
BIRTHDAY CAKE FRIEND-Z	690	260	29	13	70	270	100	0	76	9

MY MEALS: NEW ADDITIONS A-LA-CARTE:

*Includes pickle chips and condiments where stated.

SINGLE CHEESEBURGER SLIDER	230	100	11	4	0	730	23	3	3	10
SINGLE CRISPY CHICKEN SLIDER	420	220	25	7	40	840	36	4	13	12
SIDE MINI MOZZARELLA STICKS	360	190	21	7	30	1050	30	2	2	12

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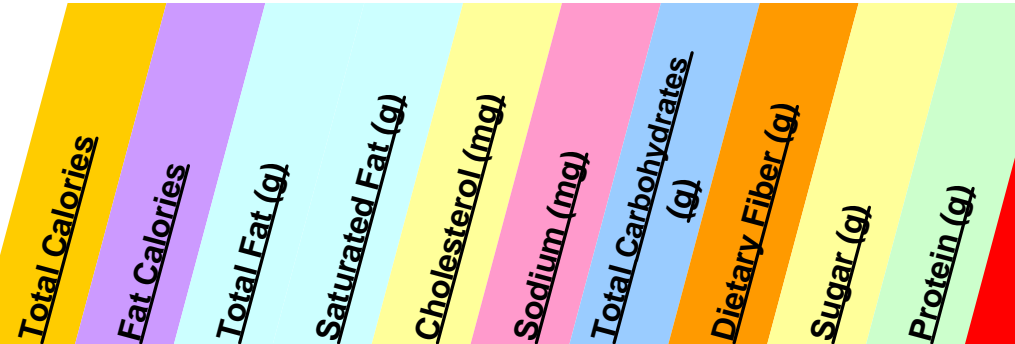
Menu Item

BIG KID MY BIG MEALS ENTREES:

* Data for My Big Meals side, beverage, and dessert selection listed separately. Salad Dressings for Salads please refer to Entrée and Side Salads.

CHICKEN IN THE GARDEN - crispy	510	270	30	9	70	820	33	5	5	29
JUMBO FRONIONS AND WAFFLE FRIES	1270	680	76	11	20	3140	134	8	24	12
SIDE SALAD	60	10	1	0	0	100	10	2	3	2
DIPPIN' CHICKEN	430	230	25	4	60	730	26	2	1	26
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
KETCHUP	50	0	0	0	0	570	12	0	12	0
BBQ SAUCE	90	0	0	0	0	400	20	0	11	0
MINI MOZZARELLA STICKS	730	370	41	15	60	2650	68	4	17	24
CHEESEBURGER SLIDERS	720	280	32	11	70	2910	80	9	21	31
POPCORN CHICKEN	490	180	20	2	70	1870	51	2	11	26
CHICKEN SLIDERS	1030	470	52	14	80	2400	106	11	31	35
DOUBLE TROUBLE	720	390	44	20	130	1650	45	2	18	38
DOUBLE DOG DARE	850	460	51	21	60	3110	77	2	29	20
WRAP SESSION - CRISPY	950	440	49	13	90	2370	94	5	24	34
WRAP SESSION - GRILLED	790	320	35	12	130	2550	76	4	24	43

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Menu Item

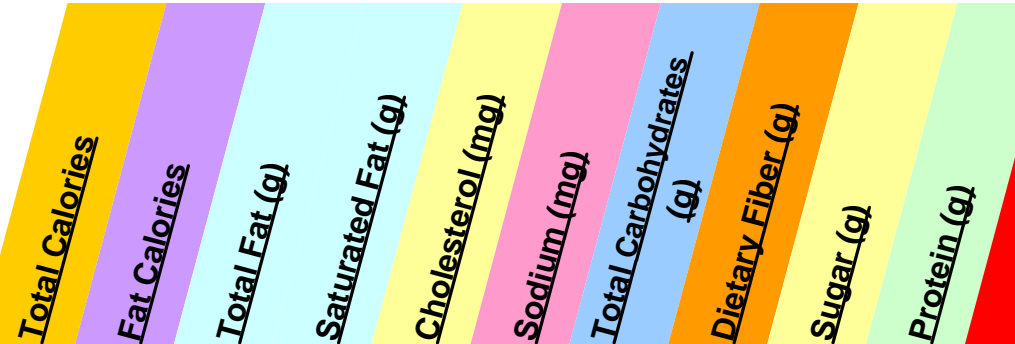
BIG KIDS MY BIG MEALS SIDES:											
Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	
FRIES	300	110	13	1	0	150	44	4	0	3	
WAFFLE FRIES	390	200	22	3	0	950	44	3	1	5	
MIXED VEGETABLES	110	50	6	3	0	110	13	4	6	3	
CORN	160	70	7	3	0	70	20	4	9	4	
BROCCOLI	90	50	6	3	0	100	6	4	2	3	
RICE	210	30	3	0	0	900	41	0	2	3	
SPANISH RICE	330	130	15	6	0	1200	41	0	2	7	
HOMESTYLE MASHED POTATOES	240	110	12	7	30	160	29	2	4	4	
COLE SLAW	160	110	12	2	10	260	13	2	8	1	
APPLE SLICES	100	0	0	0	0	0	26	5	20	1	
APPLESAUCE	110	0	0	0	0	0	27	1	25	0	
MANDARIN ORANGES	80	0	0	0	0	10	20	0	18	0	
BIG KIDS MY BIG MEALS BEVERAGES:											
COTTON CANDY	220	0	0	0	0	30	56	0	54	0	
ROYAL RAZZ	220	0	0	0	0	30	56	0	54	0	
FRIENDLY'S SHIRLEY TEMPLE	220	0	0	0	0	30	55	0	53	0	
COKE	160	0	0	0	0	10	41	0	41	0	
SPRITE	150	0	0	0	0	30	39	0	39	0	
FANTA ORANGE	170	0	0	0	0	0	44	0	44	0	
MARSHMALLOW PEPPERMINT	100	0	0	0	0	10	15	0	15	0	

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MINUTE MAID LEMONADE	150	0	0	0	0	60	39	0	39	0
DIET COKE	0	0	0	0	0	0	0	0	0	0
CRANBERRY JUICE	250	0	0	0	0	70	62	0	62	0
ORANGE JUICE	210	0	0	0	0	0	49	0	41	4
TOMATO JUICE	90	0	0	0	0	1280	19	4	13	4
APPLE JUICE	210	0	0	0	0	70	53	0	53	0
GRAPEFRUIT JUICE	190	0	0	0	0	130	45	0	38	4
CHOCOLATE MILK	390	40	5	3	20	210	75	2	58	13
STRAWBERRY MILK	430	30	3	2	20	430	90	0	76	11
VANILLA MILK	420	30	3	2	20	160	85	0	81	11
COFFEE MILK	420	30	3	2	20	180	88	0	73	11
2% MILK	180	40	4	3	20	190	22	0	22	14
HOT CHOCOLATE	140	40	4	3	10	180	24	1	18	1
BIG KIDS MY BIG MEALS DESSERT:										
*Please refer to regular ice cream menu for information on your special selections of ice cream and topping in your ice cream creations.										
BUILD-YOUR-OWN VOLCONO SUNDAE	930	460	51	23	90	360	101	4	60	20
JIM DANDY JR.	470	180	20	11	50	100	68	1	50	6
FRIEND-Z PEANUT BUTTER CUP	860	410	45	18	50	520	96	4	71	20
BIRTHDAY CAKE FRIEND-Z	690	260	29	13	70	270	100	0	76	9

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Menu Item

*MY BREAKFAST										
*My Breakfast: Breakfast Meat listed separately except where exactly called out as bacon or sausage.										
	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
TWO PANCAKES	760	160	17	7	50	1470	141	4	57	9
FUNCAKE	600	170	19	9	40	930	100	2	48	8
TIE-DYED PANCAKE	600	110	12	6	50	730	117	3	63	6
FRENCH TOAST STIX	640	150	17	8	90	860	109	2	53	11
SAUSAGE	200	170	19	7	40	270	0	0	0	6
BACON	70	50	6	2	20	230	0	0	0	6
2 EGGS SUNNY	220	150	17	4	420	190	1	0	1	13
2 EGGS SCRAMBLED	220	150	16	3	470	190	3	0	3	14
TOAST	200	90	10	5	0	320	23	2	1	4
ENGLISH MUFFIN	310	100	11	5	10	460	45	2	2	8
GRAPE JELLY	60	0	0	0	0	0	14	0	14	0
ORANGE MARMALADE	40	0	0	0	0	0	10	0	4	0

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Dietary Fiber (g)

Sugar (g)

Protein (g)

Item Nutrition Information

Friendly's works hard to provide current and accurate information on the ingredients in our menu items. The information provided in this brochure is based on our standard product recipe and portion size. Your serving will be made-to-order and may vary somewhat from the standard in portion size and the precise mix of ingredients. Our suppliers, recipes, or ingredients are based on availability and may change without notice, and any requested additions or substitutions to menu items can also change the nutrition content. Menu items listed in this brochure may not be available in your restaurant, and regional products, or local specials are not listed in this brochure. None of our menu offerings are certified as vegetarian, organic or kosher. Friendly's offers a variety of food items to fit within a balanced diet, but does not recommend any nutritional program or offer any dietary advice. We suggest you ask your health care professional or dietician about any dietary concerns you may have. If you would like further information regarding the nutritional information in this brochure, please contact us at Friendly Ice Cream Corp., 1855 Boston Road, Wilbraham, MA 01095, (800) 966-9970 or visit us at www.friendlys.com. VALID AS OF JUNE, 2009



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