

Nutrition information is based on typical menu items. **We cannot guarantee any item to be allergen free. Allergy information is available upon request. Due to the potential of cross contact by being fried in the same oil, ALL fried items may contain EGG, FISH, MILK, PEANUT, SHELLFISH, SOY, TREE NUTS, AND WHEAT.**

We use Trans Fat Free fryer oil. Naturally occurring Trans Fats occur in some meat and dairy products, including beef and butterfat from dairy.

Disclaimer: The information provided by Runza® National regarding our food is as complete as reasonably possible at the time of publication. This list is based on information reported to us by our suppliers and Runza® National's standard product formulations. Variations may occur depending on the supplier, ingredient substitutions, recipe revisions, region, season, preparation technique, or product assembly at the restaurant-level. Product formulations are subject to change periodically. Runza® National, its franchises, and employees do not assume responsibility for a person's sensitivity or allergy to any food items provided in our restaurants. If you are not completely confident about a product ingredient, it is recommended to select something you are comfortable with or visit another dining venue. Please always consult your healthcare practitioner for questions regarding your diet.

POTENTIAL ALLERGENS DUE TO MANUFACTURER PRACTICES:

Cookie Dough Sundae - cookie dough may contain egg, peanuts and tree nuts.

Sweet Berry Chicken Salad - walnuts may contain peanuts, soy and other tree nuts.

Turtle Sundae - walnuts may contain peanuts, soy and other tree nuts.

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Update 8/2024

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| | | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|-------------------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| RUNZA® SANDWICHES | | | | | | | | | | | |
| Original Runza® Sandwich | Milk, Soy, Wheat, Gluten | 490 | 16 | 7 | 0.5 | 35 | 1280 | 64 | 5 | 8 | 19 |
| Cheese Runza® Sandwich | Milk, Soy, Wheat, Gluten | 550 | 21 | 9 | 0.5 | 35 | 1550 | 67 | 5 | 9 | 21 |
| Swiss Cheese Mushroom Runza® Sandwich | Milk, Soy, Wheat, Gluten | 560 | 23 | 10 | 1.5 | 45 | 1760 | 65 | 5 | 9 | 22 |
| Spicy Jack Runza® Sandwich | Egg, Milk, Soy, Wheat, Gluten | 660 | 31 | 13 | 0.5 | 65 | 2090 | 66 | 5 | 10 | 25 |
| Mini Original Runza® Sandwich | Milk, Soy, Wheat, Gluten | 260 | 9 | 4 | 0 | 20 | 690 | 34 | 3 | 4 | 10 |
| Mini Cheese Runza® Sandwich | Milk, Soy, Wheat, Gluten | 290 | 11 | 5 | 0 | 20 | 820 | 36 | 3 | 5 | 11 |
| Mini Swiss Cheese Mushroom Runza® Sandwich | Milk, Soy, Wheat, Gluten | 300 | 12 | 5 | 0.5 | 25 | 1030 | 35 | 3 | 5 | 12 |
| BURGERS | | | | | | | | | | | |
| 1/4 Lb. Hamburger | Wheat, Gluten | 340 | 17 | 6 | 1 | 65 | 350 | 22 | 1 | 1 | 24 |
| 1/2 Lb. Double Hamburger | Wheat, Gluten | 550 | 31 | 11 | 2 | 135 | 470 | 22 | 1 | 1 | 43 |
| 1/4 Lb. Cheeseburger | Milk, Soy, Wheat, Gluten | 400 | 21 | 8 | 1 | 70 | 610 | 25 | 1 | 2 | 26 |
| 1/2 Lb. Double Cheeseburger | Milk, Soy, Wheat, Gluten | 670 | 39 | 15 | 2 | 135 | 1010 | 29 | 1 | 3 | 46 |
| 1/4 Lb. Bacon Cheeseburger | Milk, Soy, Wheat, Gluten | 440 | 25 | 9 | 1 | 80 | 780 | 25 | 1 | 2 | 28 |
| 1/4 Lb. Swiss Cheese Mushroom Burger | Egg, Milk, Soy, Wheat, Gluten | 450 | 27 | 9 | 1.5 | 85 | 920 | 25 | 1 | 2 | 27 |
| 1/4 Lb. Spicy Jack Burger | Egg, Milk, Soy, Wheat, Gluten | 510 | 32 | 11 | 1 | 100 | 1150 | 25 | 1 | 2 | 30 |
| Hamburger Patty | | 200 | 14 | 5 | 1 | 65 | 55 | 0 | 0 | 0 | 19 |
| Bun | Wheat, Gluten | 140 | 3.5 | 0.5 | 0 | 0 | 220 | 22 | 1 | 1 | 5 |

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| CHICKEN SANDWICHES - CHICKEN WRAPS - CHICKEN STRIPS | | | | | | | | | | | |
| Classic Grilled Chicken Sandwich | Egg, Wheat, Gluten | 330 | 11 | 2 | 0 | 75 | 760 | 25 | 1 | 3 | 32 |
| Deluxe Grilled Chicken Sandwich | Egg, Soy, Wheat, Gluten | 330 | 11 | 2 | 0 | 75 | 730 | 25 | 1 | 3 | 32 |
| Smothered Grilled Chicken Sandwich | Milk, Soy, Wheat, Gluten | 390 | 16 | 5 | 1.5 | 80 | 840 | 25 | 2 | 2 | 34 |
| BBQ Grilled Chicken Sandwich | Milk, Soy, Wheat, Gluten | 360 | 11 | 4 | 0 | 80 | 830 | 30 | 1 | 7 | 33 |
| Buffalo Grilled Chicken Sandwich | Egg, Milk, Soy, Wheat, Gluten | 340 | 11 | 2 | 0 | 75 | 1540 | 25 | 1 | 2 | 32 |
| Spicy Jack Grilled Chicken Sandwich | Egg, Milk, Wheat, Gluten | 450 | 22 | 7 | 0 | 100 | 1330 | 25 | 1 | 2 | 37 |
| Buffalo Jr Chicken Wrap | Egg, Milk, Soy, Wheat, Gluten | 330 | 15 | 4.5 | 0 | 35 | 1310 | 31 | 1 | 1 | 14 |
| Ranch Jr Chicken Wrap | Egg, Milk, Soy, Wheat, Gluten | 320 | 15 | 4.5 | 0 | 35 | 870 | 31 | 1 | 1 | 14 |
| 2 Piece Chicken Strip | Milk, Wheat, Gluten | 250 | 10 | 2 | 0 | 50 | 940 | 21 | 1 | 0 | 18 |
| 4 Piece Chicken Strip | Milk, Wheat, Gluten | 500 | 20 | 4 | 0 | 100 | 1880 | 42 | 2 | 0 | 36 |
| Popcorn Chicken | Wheat, Gluten | 300 | 18 | 4 | 0 | 30 | 520 | 19 | 1 | 0 | 16 |
| KIDS MEALS | | | | | | | | | | | |
| Junior Hamburger (Plain) | Wheat, Gluten | 240 | 11 | 3 | 0.5 | 40 | 250 | 17 | 1 | 1 | 16 |
| Junior Cheeseburger (Plain) | Milk, Soy, Wheat, Gluten | 300 | 16 | 5 | 0.5 | 40 | 520 | 20 | 1 | 2 | 18 |
| Junior Swiss Cheese Mushroom Burger | Egg, Milk, Soy, Wheat, Gluten | 310 | 18 | 6 | 1 | 55 | 630 | 19 | 1 | 2 | 18 |
| Junior Hamburger (Plain) Kid's Meal (sm fry, no drink) | Wheat, Gluten | 470 | 21 | 5 | 0.5 | 40 | 610 | 51 | 3 | 1 | 19 |
| Runza® Sandwich Kid's Meal (sm fry, no drink) | Milk, Soy, Wheat, Gluten | 480 | 17 | 5 | 0 | 15 | 1000 | 66 | 5 | 4 | 12 |
| Chicken Strip Kid's Meal (sm fry, no drink) | Milk, Wheat, Gluten | 480 | 19 | 3.5 | 0 | 50 | 1300 | 55 | 3 | 0 | 21 |
| Popcorn Chicken Kid's Meal (sm fry, no drink) | Wheat, Gluten | 565 | 30 | 6 | 0 | 30 | 880 | 52 | 3 | 0 | 19 |
| SIDES | | | | | | | | | | | |
| Small French Fry | | 265 | 12 | 2 | 0 | 0 | 360 | 36 | 2.5 | 0 | 3 |
| French Fry | | 475 | 22 | 4 | 0 | 0 | 640 | 64 | 4.5 | 0.5 | 5.5 |
| Frings™ | Milk, Wheat, Gluten | 670 | 32.5 | 5.5 | 0 | 0 | 630 | 84.5 | 5.5 | 6 | 9.5 |
| Onion Ring | Milk, Wheat, Gluten | 610 | 31 | 5 | 0 | 0 | 380 | 72 | 4 | 9 | 10 |
| French Onion Dip | Milk | 100 | 7 | 5 | 0 | 20 | 420 | 6 | 0 | 4 | 2 |
| CHILI & SOUP (Seasonal. Soup not available at all locations.) | | | | | | | | | | | |
| Homemade Chili | | 280 | 12 | 4.5 | 0.5 | 40 | 1320 | 25 | 7 | 4 | 18 |
| Wisconsin Cheese Soup | Milk, Soy, Wheat, Gluten | 340 | 23 | 9 | 4.5 | 25 | 970 | 29 | 0 | 11 | 5 |
| Broccoli Cheese Soup | Milk, Soy | 240 | 16 | 6 | 4.5 | 20 | 1030 | 20 | 1 | 4 | 5 |
| Chicken Tortilla Soup | Milk, Soy, Wheat, Gluten | 150 | 6 | 3 | 0 | 25 | 1440 | 16 | 1 | 4 | 8 |
| Potato Bacon Soup | Milk, Soy, Wheat, Gluten | 260 | 14 | 4 | 4.5 | 10 | 1010 | 30 | 2 | 4 | 4 |
| Boston Clam Chowder Soup | Fish, Milk, Soy, Wheat, Gluten | 280 | 15 | 4 | 4.5 | 20 | 970 | 29 | 1 | 2 | 7 |
| SALADS | | | | | | | | | | | |
| Southwest Chicken Salad with Salsa (no dressing) | Milk, Wheat, Gluten | 400 | 18 | 4.5 | 0 | 65 | 1470 | 36 | 3 | 5 | 24 |
| Sweet Berry Chicken Salad (no dressing) | Milk, Tree Nuts (Walnuts) | 380 | 19 | 6 | 0 | 95 | 650 | 21 | 3 | 15 | 35 |

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| DRESSINGS AND SAUCES | | | | | | | | | | | |
| Southwest Ranch | Egg, Milk | 220 | 24 | 2 | 0 | 20 | 460 | 4 | 0 | 2 | 2 |
| Ranch | Egg, Milk, Soy, Wheat, Gluten | 250 | 26 | 4 | 0 | 15 | 550 | 3 | 0 | 2 | 2 |
| Poppyseed | Egg, Soy | 110 | 10 | 1.5 | 0 | 10 | 370 | 15 | 0 | 13 | 0 |
| Salsa | Wheat, Gluten | 10 | 0 | 0 | 0 | 0 | 230 | 2 | 0 | 1 | 0 |
| Buffalo | Soy | 15 | 1 | 0 | 0 | 0 | 1290 | 3 | 1 | 1 | 0 |
| BBQ | | 120 | 0 | 0 | 0 | 0 | 490 | 30 | 0 | 24 | 0 |
| Honey Mustard | Egg, Soy | 290 | 27 | 4 | 0 | 20 | 380 | 13 | 0 | 12 | 1 |
| DESSERTS AND SHAKES (Sundaes not available at all locations.) | | | | | | | | | | | |
| Chocolate Sundae | Milk | 270 | 8 | 6 | 0 | 25 | 95 | 43 | 1 | 36 | 5 |
| Caramel Sundae | Milk | 270 | 8 | 5 | 0 | 25 | 160 | 43 | 0 | 37 | 5 |
| Turtle Sundae | Milk, Tree Nuts (Walnuts) | 330 | 14 | 6 | 0 | 25 | 125 | 44 | 1 | 37 | 6 |
| Cookie Dough Sundae | Egg, Milk, Nuts, Soy, Wheat, Gluten | 410 | 15 | 9 | 0 | 25 | 200 | 62 | 1 | 46 | 6 |
| Kid's Cone - Vanilla Ice Cream | Milk, Wheat, Gluten | 120 | 4 | 2.5 | 0 | 10 | 55 | 18 | 0 | 11 | 2 |
| Vanilla Ice Cream Cone | Milk, Wheat, Gluten | 220 | 8 | 5 | 0 | 25 | 95 | 30 | 0 | 22 | 5 |
| Vanilla Ice Cream Dish | Milk | 200 | 8 | 5 | 0 | 25 | 85 | 25 | 0 | 22 | 5 |
| Chocolate Ice Cream Cone | Milk, Wheat, Gluten | 210 | 7 | 4.5 | 0 | 20 | 85 | 33 | 1 | 23 | 5 |
| Chocolate Ice Cream Dish | Milk | 180 | 7 | 4.5 | 0 | 20 | 75 | 28 | 1 | 23 | 5 |
| Twist Ice Cream Cone | Milk, Wheat, Gluten | 210 | 6 | 3.5 | 0 | 20 | 95 | 32 | 0 | 21 | 4 |
| Twist Ice Cream Dish | Milk | 180 | 6 | 3.5 | 0 | 20 | 85 | 27 | 0 | 21 | 4 |
| Chocolate Chip Cookie | Egg, Milk, Soy, Wheat, Gluten | 370 | 18 | 9 | 0 | 30 | 210 | 52 | 2 | 31 | 4 |
| Ice Cream Sandwich (seasonal) | Egg, Milk, Soy, Wheat, Gluten | 390 | 19 | 10 | 0 | 40 | 210 | 56 | 2 | 36 | 6 |
| Cinnamon Roll (seasonal) | Milk, Soy, Wheat, Gluten | 480 | 24 | 8 | 0 | 0 | 540 | 63 | 2 | 26 | 6 |
| Small Vanilla Shake | Milk | 580 | 25 | 16 | 0 | 70 | 230 | 71 | 0 | 61 | 12 |
| Medium Vanilla Shake | Milk | 700 | 30 | 19 | 0 | 80 | 290 | 87 | 0 | 75 | 15 |
| Large Vanilla Shake | Milk | 790 | 33 | 22 | 0 | 90 | 320 | 98 | 0 | 84 | 17 |
| Small Chocolate Shake | Milk, Soy | 610 | 25 | 16 | 0 | 70 | 250 | 79 | 0 | 69 | 12 |
| Medium Chocolate Shake | Milk, Soy | 750 | 30 | 19 | 0 | 80 | 320 | 99 | 0 | 87 | 15 |
| Large Chocolate Shake | Milk, Soy | 860 | 33 | 22 | 0 | 90 | 370 | 115 | 0 | 100 | 17 |
| Small Strawberry Shake | Milk | 610 | 25 | 16 | 0 | 70 | 230 | 79 | 0 | 61 | 12 |
| Medium Strawberry Shake | Milk | 750 | 30 | 19 | 0 | 80 | 290 | 99 | 0 | 75 | 15 |
| Large Strawberry Shake | Milk | 850 | 33 | 22 | 0 | 90 | 330 | 114 | 0 | 84 | 17 |
| Small Mint Deluxe Shake | Milk | 640 | 26 | 17 | 0 | 75 | 230 | 84 | 0 | 72 | 12 |
| Medium Mint Deluxe Shake | Milk | 780 | 31 | 20 | 0 | 90 | 290 | 104 | 0 | 90 | 15 |
| Large Mint Deluxe Shake | Milk | 890 | 35 | 23 | 0 | 100 | 330 | 120 | 0 | 104 | 17 |

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| BEVERAGES | | | | | | | | | | | |
| Coffee | | 5 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Medium Iced Tea | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1% Chocolate Milk | Milk | 130 | 2.5 | 1.5 | 0 | 10 | 130 | 19 | 0 | 18 | 8 |
| 1% White Milk | Milk | 100 | 2.5 | 1.5 | 0 | 15 | 120 | 11 | 0 | 11 | 8 |
| Medium Pepsi | | 210 | 0 | 0 | 0 | 0 | 45 | 60 | 0 | 60 | 0 |
| Medium Diet Pepsi | | 0 | 0 | 0 | 0 | 0 | 55 | 0 | 0 | 0 | 0 |
| Medium Dr.Pepper | | 190 | 0 | 0 | 0 | 0 | 65 | 55 | 0 | 55 | 0 |
| Medium Sierra Mist | | 210 | 0 | 0 | 0 | 0 | 45 | 57 | 0 | 57 | 0 |
| Medium Mountain Dew | | 250 | 0 | 0 | 0 | 0 | 90 | 66 | 0 | 66 | 0 |
| Medium Lemonade | | 210 | 0 | 0 | 0 | 0 | 220 | 57 | 0 | 57 | 0 |
| Apple Juice | | 100 | 0 | 0 | 0 | 0 | 15 | 24 | 0 | 24 | 0 |
| Iced Coffee (not available at all locations) | Milk | 230 | 4 | 2 | 0 | 16 | 260 | 41 | 0 | 36 | 6 |
| OTHER | | | | | | | | | | | |
| BLT Jr Wrap | Egg, Wheat, Gluten | 260 | 15 | 4.5 | 0 | 25 | 690 | 23 | 1 | 3 | 9 |
| The Runza® Way (Ketchup, Mustard, Onion, Pickle) | | 15 | 0 | 0 | 0 | 0 | 310 | 3 | 0 | 2 | 0 |
| Fish Sandwich (seasonal) | Egg, Fish, Milk, Wheat, Gluten | 440 | 16 | 3.5 | 0 | 35 | 1410 | 50 | 2 | 2 | 21 |
| American Cheese (1 slice) | Milk, Soy | 60 | 4.5 | 2 | 0 | 0 | 270 | 3 | 0 | 1 | 2 |
| Pepper Jack Cheese (1 slice) | Milk, Soy | 70 | 6 | 3.5 | 0 | 15 | 280 | 1 | 0 | 1 | 3 |
| Swiss Cheese (1 slice) | Milk, Soy | 45 | 3.5 | 2.5 | 0 | 10 | 190 | 1 | 0 | 1 | 2 |
| Shredded Cheddar (.125 cup) | Milk | 55 | 4.5 | 2.5 | 0 | 15 | 90 | 0 | 0 | 0 | 4 |
| Mushrooms (1.3 oz) | Milk, Soy | 30 | 2.5 | 0 | 0.5 | 0 | 370 | 1 | 1 | 0 | 1 |
| Mayo | Egg | 100 | 11 | 1.5 | 0 | 5 | 80 | 0 | 0 | 0 | 0 |
| Bacon (1 slice) | | 40 | 3.5 | 1.5 | 0 | 10 | 170 | 0 | 0 | 0 | 3 |
| Sliced Jalapenos (.125 cup) | | 0 | 0 | 0 | 0 | 0 | 340 | <1 | 0 | 0 | 0 |
| Mandarin Oranges | | 70 | 0 | 0 | 0 | 0 | 0 | 16 | 1 | 14 | 1 |
| Applesauce | | 90 | 0 | 0 | 0 | 0 | 10 | 22 | 2 | 18 | 0 |
| Salad Dressing (.5 oz) | Egg | 100 | 11 | 2 | 0 | 10 | 70 | 0 | 0 | 0 | 0 |
| Taco Seasoning (.5 tsp) | Milk | 5 | 0 | 0 | 0 | 0 | 110 | <1 | 0 | 0 | 0 |
| Tortilla Strips | | 45 | 2.5 | 0 | 0 | 0 | 20 | 5 | 0 | 0 | 0 |
| Chicken Breast | | 140 | 3.5 | 1 | 0 | 70 | 230 | 0 | 0 | 0 | 26 |