

Smokey Bones Nutritional Information - Kid's

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the nutritional databases, and nutritional consultants. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Information could vary. Updated May 2019.

Item	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids Meals (excludes sides and beverages)											
Kid's 1/4 BBQ Chicken	330	150	15	7	-	220	1,222	8	1	8	38
Kid's Cheeseburger	690	450	50	19	2	110	1,490	31	1	5	27
Kid's Mac & Cheese	330	200	30	19	-	100	370	12	-	10	4
Kid's Chicken Fingers	300	70	10	1	-	50	1,060	36	2	2	20
Loaded Chicken Fingers	540	200	20	8	-	100	1,820	55	2	16	31
Kid's BBQ Pork Sammy	330	120	15	5	-	60	680	31	1	4	30
Kid's Brisket Sandwich	390	170	20	7	-	60	330	31	1	5	24
Grilled Cheese Sandwich	650	170	40	15	-	30	1,310	58	2	8	20
Kid's Chicken N' Waffle	650	100	10	4	-	20	1,300	124	2	68	12
Kids Sides											
Kid's Broccoli	40	-	1	-	-	-	35	7	3	2	3
Homestyle Ranch	100	100	10	2	-	10	270	1	-	1	1
Kid's French Fries	150	50	5	1	-	-	450	22	2	-	2
Kid's Applesauce	40	-	-	-	-	-	5	10	1	8	-
Kids Beverages											
Milk	150	70	10	5	-	35	125	12	-	12	8
Chocolate Milk	190	20	5	2	-	15	190	33	1	30	8
Sweet Tea	45	-	-	-	-	-	10	12	-	12	-
Unsweet Tea	-	-	-	-	-	-	-	Less than 1 gram	-	-	-
Apple Juice	120	-	-	-	-	-	25	31	-	26	-
Coke	100	-	-	-	-	-	30	25	-	25	-
Diet Coke	-	-	-	-	-	-	30	-	-	-	-
Dr. Pepper	100	-	-	-	-	-	35	25	-	24	-
Sprite	100	-	-	-	-	-	40	24	-	24	-
Hi C Fruit Punch	100	-	-	-	-	-	-	25	-	25	-
Lemonade	100	-	-	-	-	-	35	25	-	25	-
Mango Bubbleade	250	-	-	-	-	-	30	64	2	60	-
Strawberry Bubbleade	250	-	-	-	-	-	45	63	2	60	-
Root Beer Float	280	40	5	3	-	20	60	49	-	47	1