

KIDS' NUTRITION GUIDE

Denny's realizes that many of our kids have different dietary needs. That's why we're happy to provide a nutritional breakdown of all our kids' menu items, so parents can make an informed choice before ordering.

Kids' Entrées	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Chicken Nuggets (add dipping sauce & side)	3 oz	270	19	170	0	4	40	420	12	2	13	1
Chocolate Chip Pancakes w/ bacon & sausage	5 oz	340	17	150	0	7	50	840	39	2	10	15
Grilled Chicken on a Stick (add dipping sauce & side)	4 oz	200	9	80	0	2	75	330	0	0	29	0
Jr. Cheeseburger (add side)	6 oz	460	26	230	1.5	12	100	1100	31	0	29	4
Jr. French Toast (add egg choice)	8 oz	380	24	220	0	8	115	560	31	4	11	9
Jr. French Toast w/ egg whites, turkey bacon & orange juice	19 oz	460	13	120	0	3.5	115	700	65	3	22	40
Jr. Grand Slam w/ egg whites, turkey bacon, hash browns & orange juice	16 oz	320	10	90	0	2	30	620	43	1	17	31
Mac & Cheese (add side)	7 oz	300	9	80	0	2.5	10	650	44	2	10	8
Mac & Cheese w/ steamed broccoli & apple juice	21 oz	460	9	80	0	2.5	10	770	83	4	13	42
Spaghetti w/ steamed broccoli, bread & apple juice	22 oz	510	10	90	0	2.5	5	620	88	4	13	39
Spaghetti w/ tomato sauce & bread (add side)	8 oz	340	10	90	0	2.5	5	500	50	2	10	5
Add a Meatball	2 oz	160	13	110	0	4.5	35	450	4	1	9	0
Build Your Own Jr. Grand Slam®												
Bacon Strips	2	100	8	70	0	2	20	350	1	0	7	1
Bacon Strip & Sausage Link	1 ea	130	12	110	0	4	25	320	1	1	6	0
Egg, Boiled	2 oz	60	4	40	0	1.5	165	60	0	0	6	0
Egg, Fried	2 oz	90	8	70	0	2	165	100	0	0	6	0
Egg, Scrambled	2 oz	110	9	80	0	2.5	240	180	1	0	7	0
Egg White	2 oz	30	0	0	0	0	0	110	1	0	7	0
Hash Browns	2 oz	80	6	50	0	1	0	180	7	1	1	0
Sausage Links	2	160	15	140	0	5	30	300	1	1	5	0
Silver Dollar Pancakes	3	190	7	60	0	2	25	550	29	1	4	8
Sliced Toast, Sourdough w/ margarine	1	140	6	50	0	1	0	230	19	1	3	1
Sliced Toast, Wheat w/ margarine	1	120	5	50	0	1	0	200	14	1	3	2
Sliced Toast, White w/ margarine	1	120	5	45	0	1	0	200	15	1	3	1
Turkey Bacon Strips	2	60	3.5	35	0	1	30	330	1	0	7	1
Yogurt	4 oz	120	1.5	10	0	1	10	100	19	0	6	18

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, and based upon special ordering. For additional information, please call 800-733-6697 or visit dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

Kids' Sides

	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Apple Dunkers w/ caramel	3 oz	120	1.5	15	0	1	5	140	26	1	1	20
Apple Slices	2 oz	30	0	0	0	0	0	0	8	1	0	6
Fresh Banana Slices	1 serv	110	0	0	0	0	0	0	27	3	1	14
Goldfish® Crackers	1 oz	130	5	45	0	1.5	5	210	16	1	3	0
Grapes	3 oz	60	0	0	0	0	0	0	14	1	1	12
Jr. Garden Salad w/o dressing	3 oz	80	2.5	25	0	0	0	200	13	1	2	3
Red-Skinned Mashed Potatoes w/o gravy	1 serv	120	5	45	0	3.5	15	560	17	0	3	2
Steamed Broccoli	3 oz	25	0	0	0	0	0	110	4	2	2	1
Sweet Petite Corn	5 oz	210	13	120	0	2.5	0	310	20	5	4	8
Vanilla Yogurt w/ strawberry topping	6 oz	150	1.5	15	0	1	10	100	29	1	6	27

Kids' Beverages

Apple Juice	10 oz	140	0	0	0	0	0	5	35	0	0	33
Chocolate Milk (reduced fat)	10 oz	190	3	30	0	1.5	15	200	31	0	11	31
Hot Chocolate	8 oz	190	3	30	0	1.5	5	260	37	0	2	30
Jr. Groovy Mango Smoothie	10 oz	190	0	0	0	0	0	50	50	0	2	46
Jr. Strawberry Banana Bliss Smoothie	10 oz	190	0	0	0	0	0	50	48	2	2	37
2% Milk	10 oz	150	6	50	0	4	25	140	15	0	10	15
Minute Maid® Lemonade	8 oz	100	0	0	0	0	0	0	26	0	0	24
Minute Maid® Orange Juice	10 oz	140	0	0	0	0	0	0	34	0	2	30
Minute Maid® Premium Berry Blend	10 oz	150	0	0	0	0	0	0	38	0	0	36
Shirley Temple	8 oz	140	0	0	0	0	0	55	39	0	0	39
Soft Drinks	8 oz	0-120	0	0	0	0	0	25-50	0-33	0	0	0-33

Kids' Desserts

Jr. Ice Cream: Chocolate	1 scoop	270	15	130	0	10	60	60	30	0	5	23
Strawberry	1 scoop	230	12	100	0	7	50	85	32	0	3	22
Vanilla	1 scoop	250	15	130	0	10	60	90	27	0	3	22
Jr. Milk Shake: Cake Batter	12 oz	730	37	330	0	25	120	510	93	0	9	77
Chocolate	12 oz	680	32	290	0	21	120	160	89	0	12	70
OREO® Blender Blaster™	12 oz	760	41	370	0	24	120	430	90	1	11	65
Strawberry	12 oz	550	26	230	0	16	105	200	77	1	9	56
Vanilla	12 oz	620	32	290	0	21	120	220	78	0	9	68
Build Your Own Jr. Sundae												
Pick Jr. Ice Cream Flavor												
Topping: Caramel	1 oz	120	2	15	0	1	5	180	24	0	1	18
Hot Fudge	1 oz	120	3	25	0	2.5	0	105	23	1	2	20
Strawberry	1 oz	40	0	0	0	0	0	0	10	1	0	9
OREO® Cookie Pieces	1 oz	110	4.5	40	0	1	0	110	16	1	1	9
Whipped Cream	1 rosette	15	1	10	0	0.5	0	0	1	0	0	1