SONIC® offers a number of meals and menu items that help you stay within the USDA Dietary Guidelines for Americans recommendations for sodium intake. Guidelines for Americans recommends that adults and children ages 14 years and older limit sodium to less than 2,300 mg of sodium per day. The 2015-2020 Dietary Guidelines also recommend reducing sodium intake to 1,500 mg for adults with prehypertension and hypertension.
The 2015-2020 Dietary Guidelines can be found at https://health.gov/dietaryguidelines/2015/guidelines/
Additional nutrition information for all of the menu items offered at SONIC® is available at sonicdrivein.com.

MEAL	CALORIES	SODIUM
LUNCH/DINNER		
CHICKEN STRIP SANDWICH	460	810
TREE TOP® APPLESAUCE	45	60
UNSWEETENED ICED TEA (MEDIUM)	0	0
TOTAL MEAL	505	870
LUNCH/DINNER		
JR. DELUXE BURGER	340	630
FRIES (SMALL)	250	260
DIET COKE® (MEDIUM)	0	25
TOTAL MEAL	590	915
WACKY PACK® KID'S MEAL		
SUPER CRUNCH® CHICKEN STRIPS (2)	230	470
TREE TOP® APPLESAUCE	45	60
MINUTE MAID® APPLE JUICE BOX	80	15
TOTAL MEAL	355	545
WACKY PACK® KID'S MEAL		
CORN DOG	230	570
TREE TOP® APPLESAUCE	45	60
1% REGULAR MILK	130	160
TOTAL MEAL	405	790
OTHER ITEMS OF INTEREST		
TOTS (SMALL)	250	620
CHICKEN NUGGETS (3 PC.)	240	520
CHED 'R' BITES® MINI	250	600
JR. BURGER	320	630
FRITOS® CHILI PIE MINI	270	580
COFFEE REG. (16 OZ.)	0	0
VANILLA CONE	250	140

If you have specific dietary restrictions, work with your health professional to determine what menu items at SONIC®can work with your specific needs. The nutrition information provided in these suggestions is derived from testing conducted in accredited laboratories, published resources or from information provided from SONIC's suppliers and is based on standard product formulations and serving sizes. Variation in serving sizes, preparation techniques, product testing and sources of supply as well as regional and seasonal differences may affect the nutrition values for each product. You should expect some variation in the nutrient content of the products purchased at SONIC®Drive-Ins.

Effective 4-20-17