

feed **A CROWD**

FAMILY MEALS

8 pc serves 4 -- 12 pc serves 6

8 PC TENDERS

2 LARGE SIDES & 4 BISCUITS

\$29.99 3150-5060 CAL

CHICKEN ONLY **\$15.99** 2160-2170 CAL

12 PC TENDERS

3 LARGE SIDES & 6 BISCUITS

\$42.99 4720-7580 CAL

CHICKEN ONLY **\$22.99** 3240-3250 CAL

8 PC MIXED CHICKEN

2 LARGE SIDES & 4 BISCUITS

\$28.99 4470-6390 CAL

CHICKEN ONLY **\$15.99** 3490-3500 CAL

12 PC MIXED CHICKEN

3 LARGE SIDES & 6 BISCUITS

\$40.99 6710-9580 CAL

CHICKEN ONLY **\$22.99** 5230-5250 CAL

DIPPING SAUCE

\$.80 /ea.

Buffalo Sauce 50 cal

Honey Mustard 190 cal

Ranch Dressing 240 cal

Sassy Sauce 220 cal

Sweet N' Smokey BBQ 70 cal

Sweet & Sour 60 cal

ARE YOU 100% SATISFIED?



GIVE US YOUR FEEDBACK!
CONNECT WITH US!
GET GREAT DEALS!

www.ChampsChicken.com/connect

Each Champs Chicken location is independently owned & operated.

For more information on owning your own Champs Chicken franchise location, call (888) 581-9188.

TAKEOUT *Mehu*



GARY'S FOODS

715 1ST AVE SW
MOUNT VERNON, IA 52314
(319) 895-8955



box
includes
Battered Fries
& Sassy Sauce

SIDES

Classic Regular **\$2.49** | Large **\$5.29**

French Fries 330//1000 cal
Potato Wedges 310//930 cal

Premium Regular **\$2.79** | Large **\$5.89**

Mac & Cheese 190//580 cal
Mashed Potatoes 170-180//530-560 cal
Sweet Corn 210//630 cal

make it a **big box** add **\$3.00**
Add 1 Reg. Side Item & Biscuit
270-550 cal

CHICKEN boxes

1

THE REAL CHAMP

Box \$7.79 1030 cal
Sandwich Only \$5.79 700 cal



2

2 PC Tenders

Box \$6.49 880 cal
Chicken Only \$4.49 540 cal

3

3 PC Tenders

Box \$8.29 1030-1040 cal
Chicken Only \$6.29 700 cal

4

8 PC Dippers

Box \$8.19 950 cal
Chicken Only \$6.19 620 cal



dipper **BOWL \$6.99**
630-640 cal

DIPPERS • MASHED POTATOES • CORN • GRAVY • CHEESE



Local FAVORITES

5

WHITE, DARK, OR MIXED (1 BREAST MAXIMUM);

2 pc CHICKEN

Box \$6.49 1370-1630 cal
Chicken Only \$4.49 1110-1370 cal

6

BREAST, THIGH & LEG

3 pc CHICKEN

Box \$8.49 1850-1860 cal
Chicken Only \$6.49 1380-1890 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.

CHAMPS LUNCH/DINNER NEW

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

	Item Description	Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Ccarb (g)	Fib (g)	Tot Sugar (g)	Add Sugar (g)	Prot (g)	ALLERGEN INFORMATION									
													Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten
VALUE BOXES	Chicken Sandwich Box	1030	57	10	0	90-95	2650-2770	92-93	2	10	9	38	x	x	x	x	x					
	2 pc Chicken Tender Box	880	60	11	0	85-90	2290-2470	56-57	<1-1	3	2	31	x	x	x	x	x					
	3 pc Chicken Tender Box	1030-1040	67	12	0	125-130	2880-3150	66-67	1	4	2	44-45	x	x	x	x	x					
	8 pc Dipper Box	950	61-62	10	0	130	2550-2750	58-59	<1-1	3	2	45	x	x	x	x	x					
	2 pc Chicken Box Mixed (Breast/Wing Image)	1370-1630	91-109	23-28	0	245-310	2850-3480	63-64	1	1	0	69-86	x	x	x	x	x					
	3 pc Chicken Box (Breast/Thigh/Leg Only)	1850-1860	125	32	0	365-370	4240-4710	84-86	2	2	0	104	x	x	x	x	x					
	Dipper Bowl	630-640	30	14	0	85-90	1540-1900	45-49	4	12	5	31	x	x	x	x	x					
VALUE BOX INCLUDES	French Fries	330	22	4.5	0	0	620	33	0	0	3						x	x				
PROTEIN ONLY	Premium Chicken Sandwich Original	700	35	6	0	90-95	2040-2150	59	2	10	9	35	x	x	x	x	x					
	2 pc Chicken Tenders	540	38	6	0	85-90	1670-1850	23-24	<1-1	3	2	28	x	x	x	x	x					
	3 pc Chicken Tenders	700	45	7	0	125-130	2260-2530	33-34	1	3	2	42	x	x	x	x	x					
	8 pc Chicken Dippers	620	40	6	0	130	1940-2140	25	<1-1	3	2	42	x	x	x	x	x					
	2 pc Chicken Mixed (Breast/Wing Image)	1110-1370	70-88	18-23	0	245-310	2790-3550	45-46	1-2	1	0	69-86	x	x	x	x	x					
	3 pc Chicken Mixed	1380-1890	85-120	22-32	0	295-430	3370-4560	54-56	2	1-2	0	84-117	x	x	x	x	x					
ADD-ON ITEMS	Make it a Big Box (+ Reg Side & Biscuit)	270-550	18-32	7-13	0	0-25	790-2050	33-72	<1-3	1-11	0-5	6-11	x	x	x	x	x					
CHICKEN ONLY	1 pc Chicken Breast	830	55	14	0	190	2090-2400	33-34	1	<1	0	53-54	x	x	x	x	x					
	1 pc Chicken Thigh	520	33	9	0	120	1440-1650	22-23	<1	<1	0	34	x	x	x	x	x					
	1 pc Chicken Leg	230	16	4	0	60	510-570	6-7	0	0	0	16	x	x	x	x	x					
	1 pc Chicken Wing	250	15-16	4	0	55	740-860	13	0-1	0	0	16	x	x	x	x	x					
SMALL SIDES	French Fries	330	22	4.5	0	0	620	33	0	0	3						x	x				
	Potato Wedges "Classic"	310	12	2	0	0	1430	45	2	2	0	6										
	Macaroni & Cheese	190	9	6	0	25	840	19	<1	2	0	8	x	x			x	x				
	Mashed Potatoes & Gravy	170-180	8	7-8	0	15-20	540-800	6-9	1	2	0-1	3			x		x	x				
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3					x	x				
LARGE SIDES	French Fries	1000	65	14	0	0	1840	99	0	<1	0	8					x	x				
	Potato Wedges "Classic"	930	37	6	0	0	4280	134	7	5	0	19										
	Macaroni & Cheese	580	28	17	0	80	2520	57	2	5	0	25	x	x			x	x				
	Mashed Potatoes & Gravy	530-560	26	23	0.5-1	40-60	1680-2460	17-26	4-5	5	0-2	9-10			x		x	x				
	Sweet Corn	630	29	10	0	0	510	85	7	30	14	10					x	x				
FAMILY MEALS	8 pc Tenders Family Meal	3150-5060	235-323	55-86	0.5-2	350-515	10200-18450	216-470	7-22	18-76	8-36	140-174	x	x	x	x	x					
	8 pc Chicken Tenders Only	2160-2170	152	24	0.5	350-355	6690-7410	92-94	3-4	12-13	8	112	x	x	x	x	x					
	12 pc Tenders Family Meal	4720-7580	352-485	83-129	1-3	520-775	15300-27670	325-705	11-34	27-114	13-54	211-261	x	x	x	x	x					
	12 pc Chicken Tenders Only	3240-3250	227-229	36	1	520-530	10040-11120	137-141	5-6	19	13	168	x	x	x	x	x					
	8 pc Mixed Chicken Family Meal	4470-6390	319-408	94-125	0-1.5	840-1010	11870-20490	242-497	8-23	9-66	0-28	260-294	x	x	x	x	x					
	8 pc Mixed Chicken Only	3490-3500	236-237	62-63	0	840-850	8360-9460	118-122	4-5	3	0	232	x	x	x	x	x					
	12 pc Mixed Chicken Family Meal	6710-9580	479-612	141-187	0-2	1260-1515	17800-30730	364-746	12-35	13-100	0-42	391-441	x	x	x	x	x					
	12 pc Mixed Chicken Only	5230-5250	354-356	94	0	1260-1275	12540-14180	176-182	6-8	5	0	348-349	x	x	x	x	x					
DIPPING CUPS	Buffalo Dipping Cup	50	4.5	0.5	0	0	1050	1	0	0	0	0										
	Honey Mustard Dipping Cup	190	17	2.5	0	10	330	12	0	11	11	0	x									
	Ranch Dressing Dipping Cup	240	25	4	0	10	260	3	0	3	2	<1	x	x								
	Sassy Sauce Dipping Cup	220	24	3.5	0	10	490	3	0	3	2	<1	x	x								
	Sweet N' Smokey BBQ Dipping Cup	70	0	0	0	0	330	18	<1	17	13	0										
	Sweet & Sour Dipping Cup	60	0	0	0	0	310	14	0	11	11	0										

***PLEASE NOTE:** While we implement procedures to minimize cross-contact between Champs Chicken items, please be aware that we utilize the same shortening to fry products that contain the following major allergens as defined by the FDA: eggs, fish, dairy, shellfish, soy, tree nuts, and wheat. Menu items containing a combination of product offerings or multiple flavor options show all potential allergens. Please check individual products for item specific allergen information.

All data is based upon standard portion sizing and cooking methods. Actual reported values have been calculated using the Genesis R&D Food software and assume average portions as outlined in product specifications. Because of allowed variances in products and actual minor variations in product preparation at each location, portion sizes and subsequent nutritional information may vary slightly.

Effective Date: 4/28/2025