

# FAMILY MEALS

	FRIED CHICKEN	CHICKEN TENDERS
<b>8 PIECE [SERVES 4]</b>		
w/ 2 Large Sides & 4 Biscuits	<b>\$27.99</b> 4750-5930 cal	<b>\$27.99</b> 3420-4600 cal
8 piece only	<b>\$14.99</b> 3500 cal	<b>\$14.99</b> 2170 cal
<b>12 PIECE [SERVES 6]</b>		
w/ 3 Large Sides & 6 Biscuits	<b>\$39.99</b> 7130-8890 cal	<b>\$39.99</b> 5130-6900 cal
12 piece only	<b>\$21.99</b> 5250 cal	<b>\$21.99</b> 3250 cal

# TAKEOUT

## Mehu



**ARE YOU 100% SATISFIED?**



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

[www.ChampsChicken.com/connect](http://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.

**JC'S CONVENIENCE PLUS**

77 STATE ROAD 325 W  
RIO GRANDE, OH 45674  
**740-245-5900**

# FAVORITES

## A MEAL INCLUDES

1 SIDE, BISCUIT & SAUCE



### 1 2 PC. TENDERS

Meal **\$7.99** 430-820 cal

Chicken Only \$3.99 540 cal



### 2 3 PC. TENDERS

Meal **\$8.59** 590-970 cal

Chicken Only \$5.99 700 cal



### 3 8 PC. DIPPERS

Meal **\$8.29** 510-890 cal

Chicken Only \$5.99 620 cal



### 4 DIPPER BOWL

Entrée **\$6.99** 630-640 cal

Includes Biscuit



### 5 1 PC. FISH

Meal **\$6.99** 350-730 cal

Fish Only \$3.49 460 cal



WHITE, DARK, OR MIXED  
(1 BREAST MAXIMUM)

### 6 2 PC. CHICKEN MEAL

Meal **\$8.29** 1150-1790 cal

Chicken Only \$4.49 1120-1370 cal

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

# SIDE ITEMS

INDIVIDUAL	FAMILY
<b>\$2.29</b>	<b>\$5.49</b>

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

Green Beans 60/190 cal  
Potato Wedges 260/780 cal

# BY THE PIECE

Chicken Tender **\$2.29** 160 cal  
Fish Fillet **\$3.49** 280-470 cal  
Shrimp **\$0.99** 120-310 cal  
Buttermilk Biscuit **\$0.99** 220 cal  
Chicken Breast **\$3.29** 810 cal  
Chicken Thigh **\$2.29** 480 cal

Chicken Leg **\$1.99** 230 cal  
Chicken Wing **\$1.59** 230 cal

# AND MORE

Livers or Gizzards Small **\$6.99** 990/1000 cal Large **\$4.29** 740 cal

# DIPPING SAUCE

**\$.59** /ea.

Buffalo Sauce 50 cal  
Cocktail Sauce 60 cal  
Honey Mustard 190 cal  
Ranch Dressing 240 cal

Sassy Sauce 220 cal  
Sweet & Sour 60 cal  
Sweet N' Smokey BBQ 70 cal  
Tartar Sauce 160 cal

Additional nutrition information available upon request.

SMART LUNCH/DINNER + FAMILY MEALS

NUTRITIONAL INFORMATION

ALLERGEN INFORMATION

	Item Description	NUTRITIONAL INFORMATION											ALLERGEN INFORMATION										
		Cals (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Total Sugar (g)	Add Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	MSG	Gluten	Sesame
VALUE MEALS	2 Chicken Tenders Meal	430 - 820	18 - 49	3.5 - 14	0	80 - 125	1610 - 3300	26 - 79	< 1 - 4	2 - 27	0 - 18	29 - 36	x	x			x		x	x		x	
	3 Chicken Tenders Meal	590 - 970	25 - 56	4.5 - 15	0	115 - 160	2200 - 3890	36 - 89	< 1 - 4	2 - 27	0 - 18	43 - 50	x	x			x		x	x		x	
	8 pc. Chicken Dipper Meal	510 - 890	20 - 51	3 - 14	0	120 - 165	1880 - 3570	28 - 81	< 1 - 4	2 - 27	0 - 18	43 - 51	x	x			x		x	x		x	
	Dipper Bowl	630 - 640	30	14	0	85 - 90	1540 - 1800	46 - 49	4	12	5	31		x				x		x		x	
	1 pc. Fish Fillet Meal	350 - 730	17 - 49	4 - 14	0	40 - 85	1400 - 3090	19 - 72	0 - 4	2 - 27	0 - 18	18 - 25	x	x	x			x		x		x	
	2 pc. Chicken Meal (Breast/Wing Image)	1150 - 1790	73 - 122	19 - 34	0	245 - 355	2670 - 4700	37 - 90	1 - 4	2 - 27	0 - 18	68 - 92	x	x				x		x		x	
PROTEIN ONLY	2 pc. Chicken Tenders	540	38	6	0	85	1670	24	< 1	3	2	28	x	x						x		x	
	3 pc. Chicken Tenders	700	45	7	0	125	2260	34	1	3	2	42	x	x						x		x	
	8 pc. Chicken Dippers	620	40	6	0	130	1940	25	< 1	3	2	42	x	x						x		x	
	1 pc. Fish Fillet	460	37	7	0	50	1460	17	< 1	3	2	17	x	x	x								x
	2 pc. Chicken (Breast/Wing Image)	1120 - 1370	70 - 87	18 - 23	0	245 - 310	2790 - 3130	46	1	1	0	69 - 86		x						x		x	
SMALL SIDES	Macaroni & Cheese	190	9	6	0	75	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		x	
	Sweet Corn	210	10	3.5	0	0	170	28	2	10	5	3								x		x	
	Green Beans	60	3.5	1.5	0	< 5	530	5	1	2	0	2											
	6 pc. Seasoned Potato Wedges	260	9	1	0	0	1070	41	0	2	0	5											
LARGE SIDES	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		x
	Sweet Corn	630	29	10	0	0	510	85	7	30	14	10								x		x	
	Green Beans	190	11	4	0	10	1600	15	4	6	0	5											
	18 pc. Seasoned Potato Wedges	780	28	3	0	0	3210	122	0	6	0	14											
BY THE PIECE	1 pc. Chicken Tender	160	7	1	0	40	590	10	0	0	0	14									x		x
	1 pc. Fish Fillet	280 - 470	14 - 39	3 - 7	0	40 - 60	1230 - 2020	14 - 32	0 - 1	0 - 17	0 - 13	16 - 17	x	x	x					x		x	
	1 pc. Shrimp	120 - 310	4 - 29	1 - 4.5	0	0 - 20	430 - 1220	8 - 25	0 - < 1	1 - 18	0 - 13	2 - 3	x	x			x	x		x		x	
	1 pc. Buttermilk Biscuit	220	10	5	0	0	620	27	< 1	< 1	0	3										x	
	1 pc. Chicken Breast	810	54	14	0	190	1950	31	< 1	< 1	0	53									x		x
	1 pc. Chicken Thigh	480	33	9	0	120	1150	15	0	0	0	33									x		x
	1 pc. Chicken Leg	730	16	4	0	60	510	7	0	0	0	16									x		x
	1 pc. Chicken Wing	230	15	4	0	55	560	8	0	0	0	15									x		x
	Large Livers or Gizzards	990 - 1000	59 - 62	10 - 13	0	760 - 1250	2380 - 3920	42 - 53	1 - 2	3 - 4	2	64 - 67	x	x								x	
Small Livers or Gizzards	740	47 - 49	8 - 10	0	510 - 835	1750 - 2780	29 - 37	< 1 - 1	3	2	43 - 45	x	x								x		
FAMILY MEALS	8 pc. Tenders Family Meal	3420 - 4600	213 - 250	50 - 86	0.5 - 2	350 - 510	10200 - 15590	219 - 446	7 - 22	23 - 76	8 - 36	133 - 174	x	x					x		x		x
	8 pc. Chicken Tenders Only	2170	152	24	0.5	350	6690	94	3	12	8	112	x	x							x		x
	12 pc. Tenders Family Meal	5130 - 6900	320 - 376	74 - 129	1 - 3	520 - 760	15300 - 23390	329 - 669	11 - 33	35 - 113	13 - 54	200 - 261	x	x					x		x		x
	12 pc. Chicken Tenders Only	3250	227	36	1	520	10040	141	5	19	13	168	x	x								x	
	8 pc. Mixed Chicken Family Meal	4750 - 5930	298 - 335	88 - 124	0 - 1.5	840 - 1000	11870 - 17260	246 - 474	8 - 22	14 - 66	0 - 28	253 - 294	x	x							x		x
	8 pc. Mixed Chicken Only	3500	236	62	0	840	8360	122	4	3	0	232										x	
	12 pc. Mixed Chicken Family Meal	7130 - 8890	447 - 502	132 - 187	0 - 2	1260 - 1500	17800 - 25900	370 - 711	12 - 33	21 - 99	0 - 42	380 - 441	x	x							x		x
	12 pc. Mixed Chicken Only	5250	354	94	0	1260	12540	182	6	5	0	349										x	
DIPPING CUPS	Buffalo Dipping Cup	50	4.5	0.5	0	0	1050	1	0	0	0	0											
	Cocktail Dipping Cup	60	0.5	0	0	0	410	13	< 1	8	7	< 1											
	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									x
	Sweet & Sour Dipping Cup	60	0	0	0	0	310	14	0	11	11	0											
	Sweet N' Smokey BBQ Dipping Cup	70	0	0	0	0	330	18	< 1	17	13	0											
	Tartar Sauce Dipping Cup	160	15	2.5	0	20	280	7	0	6	6	0	x										

\*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: 10/17/2025