

Menu Item

***KIDS MY MEALS**

* Data for My Meals side, beverage, and dessert selection listed separately. Refer to Salads and Soups Data for selection of side salad and cup of soup.

MY MEALS SIDES:

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
APPLE SLICES	100	0	0	0	0	0	26	5	20	1
APPLESAUCE	110	0	0	0	0	0	27	1	25	0
FRIES	200	80	8	1	0	100	29	2	0	2
MIXED VEGETABLES	110	50	6	3	0	110	13	4	6	3
CORN	160	70	7	3	0	70	20	4	9	4
BROCCOLI	80	50	6	5	0	80	5	3	2	3
RICE	210	30	3	0	0	900	41	0	2	3
SPANISH RICE	330	130	15	6	0	1200	41	0	2	7
HOMESTYLE MASHED POTATOES	240	110	12	7	30	160	29	2	4	4
COLE SLAW	160	110	12	2	10	260	13	2	8	1
MANDARIN ORANGES	80	0	0	0	0	10	20	0	18	0
CARROT & CELERY STICKS	100	60	7	3	10	260	6	2	3	2
WAFFLE FRIES	390	200	22	3	0	950	44	3	1	5

MY MEALS ENTREES:

*Includes pickle chips and condiments where stated.

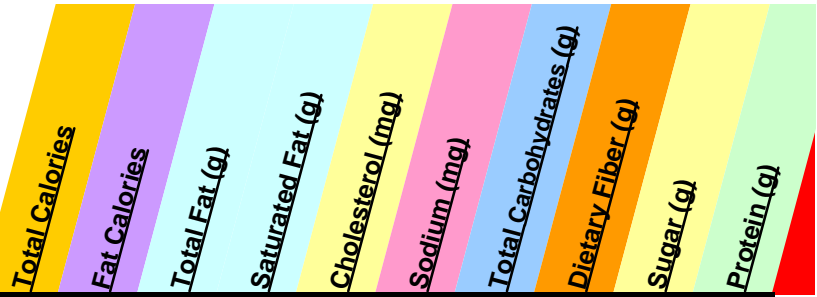
FRIENDLY'S CHICKEN FINGERS	330	170	19	3	50	730	19	2	1	19
BBQ SAUCE	90	0	0	0	0	400	20	0	11	0
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
CHEESEBURGER SLIDERS	450	190	21	7	50	1270	46	6	6	21
MINI MOZZARELLA STICKS	360	190	21	7	30	1250	30	2	3	12
MAC & CHEESE	340	100	11	3	30	1020	48	2	1	12
GRILLED CHEESE	290	150	17	9	20	890	24	2	1	8
FRIENDLY FRANK®	410	270	30	13	30	1000	25	1	4	10
CHEESE QUESADILLA	890	540	60	34	120	1460	51	3	6	37
CHEESY MAC & FRANK®	510	230	26	9	60	1470	50	2	1	18
MAC & CHEESE QUESADILLA	1020	440	49	20	80	2340	111	4	14	34
MAC & CHEESE QUESADILLA WITH FRIENDLY FRANK®	1190	580	64	26	110	2790	113	4	14	40
MAC & CHEESE QUESADILLA WITH BACON	1090	490	55	22	100	2570	111	4	14	40

MY MEALS BEVERAGES:

ORANGE JUICE	130	0	0	0	0	0	29	0	25	2
TOMATO JUICE	60	0	0	0	0	770	11	2	8	2
CRANBERRY JUICE	150	0	0	0	0	40	37	0	37	0
GRAPEFRUIT JUICE	120	0	0	0	0	80	27	0	23	2
APPLE JUICE	120	0	0	0	0	40	32	0	32	0
COTTON CANDY	220	0	0	0	0	30	56	0	54	0
ROYAL RAZZ	220	0	0	0	0	30	56	0	54	0
FRIENDLY'S SHIRLEY TEMPLE	220	0	0	0	0	30	55	0	53	0
COKE	110	0	0	0	0	10	29	0	29	0
SPRITE	110	0	0	0	0	20	27	0	27	0
FANTA ORANGE	120	0	0	0	0	0	31	0	31	0
BARQ'S ROOT BEER	120	0	0	0	0	30	32	0	32	0
MINUTE MAID LEMONADE	100	0	0	0	0	40	27	0	27	0
DIET COKE	0	0	0	0	0	0	0	0	0	0



Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CHOCOLATE MILK	330	30	4	3	20	180	61	1	47	11
STRAWBERRY MILK	350	20	3	2	10	350	73	0	62	9
VANILLA MILK	340	20	3	2	10	140	70	0	66	9
COFFEE MILK	350	20	3	2	10	150	71	0	60	9
1% MILK	160	30	4	2	20	160	19	0	19	12
HOT CHOCOLATE	140	40	4	3	10	180	24	1	18	1
MY MEALS FOUNTAIN BEVERAGES:										
VANILLA FRIBBLE	410	120	13	9	40	240	64	0	56	10
CHOCOLATE FRIBBLE	390	110	12	8	30	280	61	1	51	12
STRAWBERRY FRIBBLE	410	120	13	9	40	290	66	0	55	10
COFFEE FRIBBLE	410	120	13	9	40	240	65	0	54	10
MY MEALS DESSERTS: DATA AS PICTURED ON MENU										
KIDS HOT FUDGE SUNDAE	330	150	17	11	60	110	40	1	30	5
OREO SUNDAE	420	180	20	12	50	200	53	1	38	6
MONSTER MASH SUNDAE	430	200	22	12	50	160	51	1	41	8
CONEHEAD SUNDAE	430	180	20	13	60	170	56	1	39	7
FRIEND-Z PEANUT BUTTER CUP	860	400	45	19	50	500	95	5	73	19
BUILD YOUR OWN SUNDAE	770	320	36	21	90	170	99	1	73	12
CANDY SHOP SUNDAE	440	200	22	14	60	120	56	1	45	6
DOUBLE SHOT CONE	270	120	13	8	40	90	34	1	24	5
BIG KID MY BIG MEALS ENTREES:										
* Data for My Big Meals side, beverage, and dessert selection listed separately. Side Salad, add dressing from salad menu.										
DIPPIN' CHICKEN SALAD	950	450	50	12	80	1880	92	6	15	35
CHICKEN IN THE GARDEN SALAD	480	250	28	6	80	1470	20	4	6	35
SIDE SALAD	60	10	1	0	0	100	10	2	3	2
DIPPIN' CHICKEN	430	230	25	4	60	730	26	2	1	26
HONEY MUSTARD DRESSING	180	140	15	2	20	210	12	0	9	0
KETCHUP	50	0	0	0	0	570	12	0	12	0
BBQ SAUCE	90	0	0	0	0	400	20	0	11	0
DIPPIN' CHICKEN	750	370	40	6	80	1910	70	2	33	26
MINI MOZZARELLA STICKS	730	370	41	15	60	2660	68	4	17	24
CHEESEBURGER SLIDERS	720	280	32	11	70	2910	80	9	21	31
WRAP SESSION - CRISPY	950	440	49	13	90	2370	94	5	24	34
WRAP SESSION - GRILLED	790	320	35	12	130	2550	76	4	24	43
BIG KIDS MY BIG MEALS SIDES:										
FRIES	330	130	14	1	0	160	48	4	0	4
WAFFLE FRIES	390	200	22	3	0	950	44	3	1	5
MIXED VEGETABLES	110	50	6	3	0	110	13	4	6	3
CORN	160	70	7	3	0	70	20	4	9	4
BROCCOLI	80	50	6	5	0	80	5	3	2	3
RICE	210	30	3	0	0	900	41	0	2	3
SPANISH RICE	330	130	15	6	0	1200	41	0	2	7
HOMESTYLE MASHED POTATOES	240	110	12	7	30	160	29	2	4	4
COLE SLAW	160	110	12	2	10	260	13	2	8	1
APPLE SLICES	100	0	0	0	0	0	26	5	20	1
APPLESAUCE	110	0	0	0	0	0	27	1	25	0
MANDARIN ORANGES	80	0	0	0	0	10	20	0	18	0
CARROT & CELERY STICKS	100	60	7	3	10	260	6	2	3	2



Menu Item

Menu Item	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BIG KIDS MY BIG MEALS BEVERAGES:										
COTTON CANDY	220	0	0	0	0	30	56	0	54	0
ROYAL RAZZ	220	0	0	0	0	30	56	0	54	0
FRIENDLY'S SHIRLEY TEMPLE	220	0	0	0	0	30	55	0	53	0
COKE	160	0	0	0	0	10	41	0	41	0
SPRITE	150	0	0	0	0	30	39	0	39	0
FANTA ORANGE	170	0	0	0	0	0	44	0	44	0
BARQ'S ROOT BEER	180	0	0	0	0	40	45	0	45	0
MINUTE MAID LEMONADE	150	0	0	0	0	60	39	0	39	0
DIET COKE	0	0	0	0	0	0	0	0	0	0
CRANBERRY JUICE	250	0	0	0	0	70	62	0	62	0
ORANGE JUICE	210	0	0	0	0	0	49	0	41	4
TOMATO JUICE	90	0	0	0	0	1280	19	4	13	4
APPLE JUICE	210	0	0	0	0	70	53	0	53	0
GRAPEFRUIT JUICE	190	0	0	0	0	130	45	0	38	4
CHOCOLATE MILK	390	40	5	3	20	210	75	2	58	13
STRAWBERRY MILK	430	30	3	2	20	430	90	0	76	11
VANILLA MILK	420	30	3	2	20	160	85	0	81	11
COFFEE MILK	420	30	3	2	20	180	88	0	73	11
1% MILK	180	40	4	3	20	190	22	0	22	14
HOT CHOCOLATE	140	40	4	3	10	180	24	1	18	1

BIG KIDS MY BIG MEALS DESSERT:

ALL DESSERTS DATA AS PICTURED ON MENU

BUILD YOUR OWN VOL-CONE-O SUNDAE	930	460	51	23	90	360	101	4	60	20
BUILD YOUR OWN SUNDAE	770	320	36	21	90	170	99	1	73	12
FRIEND-Z PEANUT BUTTER CUP	860	410	45	18	50	520	96	4	71	20
BIRTHDAY CAKE FRIEND-Z	690	260	29	13	70	270	100	0	76	9

***MY BREAKFAST:**

*Breakfast Meat listed separately except where exactly called out as bacon or sausage. Candy Cake data as pictured on menu.

CANDY CAKES	380	130	14	7	50	710	56	1	26	6
TWO PANCAKES	760	160	17	7	50	1470	141	4	57	9
FUNCAKE	600	160	18	8	40	910	100	2	47	7
TIE-DYED PANCAKE	600	110	12	6	50	730	117	3	63	6
FRENCH TOAST STIX	640	150	17	8	90	860	109	2	53	11
SAUSAGE	200	170	19	7	40	270	0	0	0	6
BACON	60	50	5	2	20	200	0	0	0	4
2 EGGS SUNNY	180	130	14	4	420	190	1	0	1	13
2 EGGS SCRAMBLED	220	150	16	3	470	190	3	0	3	14
TOAST	200	90	10	5	0	320	23	2	1	4
ENGLISH MUFFIN	310	100	11	5	10	460	45	2	2	8
GRAPE JELLY	60	0	0	0	0	0	14	0	14	0
ORANGE MARMALADE	40	0	0	0	0	0	10	0	4	0



Total Calories

Fat Calories

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)

Total Carbohydrates (g)

Dietary Fiber (g)

Sugar (g)

Protein (g)

Menu Item

Item Nutrition Information

Friendly's works hard to provide current and accurate information on the ingredients in our menu items. The information provided in this brochure is based on our standard product recipe and portion size. Your serving will be made-to-order and may vary somewhat from the standard in portion size and the precise mix of ingredients. Our suppliers, recipes, or ingredients are based on availability and may change without notice, and any requested additions or substitutions to menu items can also change the nutrition content. Menu items listed in this brochure may not be available in your restaurant, and regional products, or local specials are not listed in this brochure. None of our menu offerings are certified as vegetarian, organic or kosher. Friendly's offers a variety of food items to fit within a balanced diet, but does not recommend any nutritional program or offer any dietary advice. We suggest you ask your health care professional or dietician about any dietary concerns you may have. If you would like further information regarding the nutritional information in this brochure, please contact us at Friendly Ice Cream Corp., 1855 Boston Road, Wilbraham, MA 01095, (800) 966-9970 or visit us at www.friendlys.com. VALID AS OF MARCH 2010

Friendly Ice Cream Corporation
1855 Boston Road, Wilbraham, MA 01095
1-800-966-9970
or visit us at www.friendlys.com