DQ treats and food start with high-quality ingredients and end with a smile.

Dairy Queen Menu: Trim the calories not the flavor.

The menus at Dairy Queen restaurants offers quality nutritional alternatives as well. Menu items are made-to-order so fans can customize their meal to meet their nutritional preferences. Here are some options:

- **Grilled Chicken Sandwich Combo**: Medium 8 oz. Grilled Chicken Breast, Mashed Potatoes, and a Side Salad. No artificial flavors.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Sandwich Combo</td>
<td>550</td>
<td>17</td>
<td>0</td>
<td>1180</td>
</tr>
</tbody>
</table>

**Blizzard® Treats**

- **Banana Split Blizzard®**: Large 570, Extra Small 290
- **Strawberry Cheesecake Blizzard®**: Medium 460, Small 300
- **Midnight Truffle Blizzard®**: Medium Large 420, Small 250
- **Chocolate Xtreme Blizzard®**: Medium 400, Small 250
- **Reese's® Peanut Butter Cups Blizzard®**: Medium 300, Small 180
- **Georgia Mud Fudge Blizzard®**: Large 500, Small 300
- **Vanilla Blizzard®**: Large 500, Small 250

**Additional Options**

- **Fudge Bar**: 396 calories, 50 grams of fat, 50 grams of sugars, 13 grams of protein, 4 grams of sodium.
- **Ice Cream Sandwich**: 120 calories, 6 grams of fat, 0 grams of sugars, 7 grams of protein, 0 grams of sodium.

**Breakfast**

- **Breakfast burrito**: 410 calories, 20 grams of fat, 13 grams of sugars, 27 grams of protein, 20 grams of sodium.

**DQ Cakes**

- **All-Natural Strawberry Cake**: 120 calories, 3 grams of fat, 0 grams of sugars, 3 grams of protein, 0 grams of sodium.
- **All-Natural Chocolate Cake**: 120 calories, 3 grams of fat, 0 grams of sugars, 3 grams of protein, 0 grams of sodium.

**DQ Toppings**

- **Whipped Cream**: 40 calories, 2 grams of fat, 0 grams of sugars, 1 gram of protein, 0 grams of sodium.
- **Chocolate Syrup**: 30 calories, 0 grams of fat, 0 grams of sugars, 0 grams of protein, 0 grams of sodium.