

Sonic Kids Menu Nutrition Guide

A parent-friendly nutrition guide for Sonic Wacky Pack kids meals, sides, and drinks

Prepared for: SonicPrices.com

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This PDF is written for parents who want a quick, clear way to compare Sonic kids meal nutrition before ordering. It focuses on common Wacky Pack-style choices and explains calories, sodium, sugar, protein, drink choices, and simple ways to build a more balanced kids meal.

Important note: Sonic menu items, ingredients, nutrition, allergens, prices, and availability can vary by location and may change. Always confirm current information with your local Sonic Drive-In or Sonic official nutrition and allergen resources before ordering, especially for children with allergies or medical dietary needs.

Quick Nutrition Snapshot

Kids Menu Item	Calories	Total Fat	Sodium	Carbs	Sugar	Protein
Crispy Tenders - 2 pc.	170	8 g	490 mg	11 g	0 g	14 g
Corn Dog	230	13 g	480 mg	23 g	5 g	6 g
Fries - Small	250	12 g	260 mg	33 g	0 g	3 g
Jr. Burger	330	15 g	710 mg	33 g	5 g	14 g
1% Milk Jug	130	2.5 g	160 mg	16 g	15 g	10 g

Source basis: Sonic official nutrition brochure lists these Wacky Pack kids meal nutrition values. The official Sonic menu may also show additional participating-location items such as Soft Pretzel Twist and Premium Chicken Bites, so always check your local menu for the current item set.

How to Use This Guide

The easiest way to compare a kids meal is to look at three things first: calories, sodium, and sugar. Calories help you understand meal size. Sodium matters because fast-food items can add up quickly. Sugar mostly comes from drinks, limeades, slushes, and sweet add-ins.

For most kids, a better Sonic kids meal choice is not about finding a perfect item. It is about making a simple combination that fits the child: one main item, one side, and one drink that does not push the meal too high in sugar or sodium.

Main Item Breakdown

Crispy Tenders - 2 pc.

170 calories - Higher protein choice. This is one of the stronger kids meal choices for protein. It has 14 g protein and 0 g sugar, but sodium is still notable at 490 mg. Pair it with milk or water when possible.

Corn Dog

230 calories - Classic kid-friendly choice. The corn dog is easy for children to eat and has moderate calories. It has 5 g sugar and 480 mg sodium, so the drink choice can make a big difference.

Jr. Burger

330 calories - Most filling option. The Jr. Burger has the highest calories and sodium among the core Wacky Pack items listed here. It also has 14 g protein, making it more filling, but parents may want to choose a lower-sugar drink.

Fries - Small

250 calories - Common side item. Small fries are often used as a kids meal side. They add 250 calories and 33 g carbs. If the main item is already heavier, consider a simpler drink choice.

1% Milk Jug

130 calories - Better drink-style choice. Milk adds 10 g protein and calcium value, but it also contains 15 g sugar naturally from milk. It can be a stronger choice than soda or slush for many kids.

Common Drink Nutrition for Kids Meals

Wacky Pack Drink	Calories	Sugar	Simple Parent Note
Coca-Cola Zero Sugar	0	0 g	Lowest sugar soda-style option.
Sprite	70	18 g	Sweet drink; sugar adds up quickly.
Sweet Iced Tea	80	21 g	Similar sugar range to many soft drinks.
Unsweet Iced Tea	0	0 g	No sugar, but check caffeine sensitivity.
100% Apple Juice Box	80	19 g	Juice has natural sugar; portion is small.
Cherry Limeade	110	28 g	Higher-sugar option for a kids meal.
Diet Cherry Limeade	15	2 g	Lower-sugar limeade option.
Limeade	70	18 g	Sweet option with moderate calories.
Strawberry Limeade	100	24 g	Higher sugar than basic limeade.

Ocean Water	80	21 g	Fun drink, but still a sweet choice.
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Parent tip: drinks are usually where sugar rises fastest. If a child chooses a sweeter entree or side, a lower-sugar drink can make the full meal feel more balanced.

Better Kids Meal Combinations

Goal	Better Combination Idea	Why It Helps
Higher protein	2 pc. Crispy Tenders + milk or water	More protein and less added sugar than a sweet drink combo.
Classic treat meal	Corn Dog + small fries + apple juice	Kid-friendly, but keep it occasional because carbs and sugar add up.
More filling meal	Jr. Burger + lower-sugar drink	Burger is filling, so reducing drink sugar helps balance the meal.
Lower sugar drink choice	Any main item + water, milk, or zero-sugar drink	Drink is the easiest way to reduce total sugar.
Snack-style meal	Small fries or pretzel-style item + water	Works for smaller appetites, but may be lower in protein.

What Parents Should Watch

Sodium: Jr. Burger and crispy tenders are higher-sodium choices. If your child has sodium restrictions, check current Sonic nutrition information before ordering.

Sugar: Soda, limeades, slush-style drinks, and sweet teas can add a lot of sugar to a kids meal. Juice and milk also contain sugar, but they may offer more useful nutrients than regular soda.

Protein: Crispy tenders, Jr. Burger, and milk provide more protein than fries, sweet drinks, or snack-style sides.

Allergens: Sonic notes that common allergens such as milk, egg, soy, wheat, peanuts, tree nuts, fish, shellfish, and sesame may be present in restaurants and cross-contact can happen. Do not rely on a general guide for allergy decisions.

Nutrition Notes by Item

Item	Good To Know	Watch For
Crispy Tenders - 2 pc.	Good protein for the calories.	Sodium and dipping sauces.
Corn Dog	Easy kids meal and moderate calories.	Lower protein than tenders or burger.
Jr. Burger	Filling and higher protein.	Highest sodium in this core list.
Fries - Small	Popular side, easy to share.	Adds carbs and calories with little protein.
Milk Jug	Adds protein and calcium value.	Contains natural milk sugar.
Sweet Drinks	Fun for occasional treats.	Can add 18-28 g sugar quickly.

FAQs

Does Sonic have nutrition information for kids meals?

Yes. Sonic publishes nutrition and allergen information for menu items, including Wacky Pack kids meal items. Always check the latest official information before ordering.

What is the lowest-calorie core Wacky Pack item listed here?

The 2 pc. Crispy Tenders are listed at 170 calories, making them the lowest-calorie core kids entree in this guide.

Which Sonic kids menu item has the most protein?

The 2 pc. Crispy Tenders and Jr. Burger both list 14 g protein. Milk also adds 10 g protein as a drink choice.

Which drink choice has the least sugar?

Water is usually the simplest no-sugar choice. Among listed Sonic Wacky Pack drinks, zero-sugar soda and unsweet iced tea show 0 g sugar, but parents should consider caffeine and child preferences.

Are Sonic kids meal nutrition numbers the same everywhere?

They can change with location, ingredients, suppliers, preparation, and menu updates. Use this guide as a helpful overview and confirm with your local Sonic.

Sources and Disclaimer

Nutrition values in this guide are based on Sonic official nutrition information available in the Sonic nutritional brochure and Sonic official menu resources reviewed for Wacky Pack kids meal items. Sonic states that nutrition information can change and that allergens may be present due to restaurant handling and cross-contact. This PDF is for general informational use only and is not medical or dietary advice.

Useful internal links for SonicPrices.com: [Sonic Kids Menu](#), [Sonic Menu With Prices](#), [Sonic Coupons](#), [Sonic Happy Hour](#), [Sonic Breakfast Hours](#), [Sonic Lunch Menu](#).