WENDY-MENUS: INDEPENDENT WENDY'S MENU GUIDE

Wendy's Chicken Tenders Menu With Prices November 2026

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WENDY'S CHICKEN TENDERS NUTRITION FACTS (CALORIES, FAT, CARBS, SUGAR, PROTEIN, SODIUM)

Item	Calories	Total fat	Sat. fat	Carbs	Sugar	Protein	Sodium
3 PC. Tenders	420	22 g	3.5 g	22 g	0 g	33 g	1,050 mg
4 PC. Tenders	560	30 g	5 g	29 g	0 g	44 g	1,390 mg

COMBOS(2)

Item	Typical price	Calories
3 PC. Tenders Combo	$12.98	770 cal
4 PC. Tenders Combo	$14.98	910 cal

CHICKEN(2)

Item	Typical price	Calories
3 PC. Tenders	$6.99	420 cal
4 PC. Tenders	$7.99	560 cal

KIDS(1)

Item	Typical price	Calories
Kids' 2 PC. Tenders	$6.99	490 cal

Wendy-Menus is an independent guide and is not affiliated with The Wendy's Company. Prices are typical, vary by restaurant, and items can change. Confirm prices, availability, and allergens in the Wendy's app or at your restaurant. Source page: https://wendy-menus.com/tenders/