



# NUTRITIONAL INFORMATION



	Size (oz)	Total Calories (G)	Calories from Fat (G)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Total Carbohydrates (G)	Dietary Fiber (G)	Sugars(G)	Protein (G)
<b>DONUTS</b>												
Apple Fritter		450	190	22	9	1	0	350	60	2	31	5
Blueberry Glazed Cake Donut		340	150	17	9	0	15	290	43	1	27	3
Boston Crème Donut		730	310	35	14	1	0	720	95	2	40	9
Chocolate Iced Glazed Donut		370	140	16	6	0	0	320	52	1	26	4
Cinnamon Twist		390	150	17	8	0	0	430	50	1	5	6
Cinnamon Bun		320	120	13	5	0	0	360	44	1	16	5
Glazed Donut		310	130	15	6	0	0	320	40	1	15	4
Glazed Popper		340	130	14	6	0	0	400	48	1	18	6
Pink Iced Donut With Sprinkles		330	120	13	5	1	0	280	50	1	28	4
Powdered Jelly Donut		340	140	16	7	0	0	360	45	1	17	5
Sour Cream Donut		410	220	25	14	0	15	280	44	1	27	3
<b>BREAKFAST</b>												
Bacon A La Carte		80	60	7	3	0	15	270	0	0	0	4
Biscuit A La Carte		350	170	20	9	0	0	1119	38	1	2	6
Cheese Slice		50	40	4	3	0	13	251	0	0	0	3
Egg A La Carte		60	35	4	1	0	148	138	1	0	0	5
Sausage A La Carte		180	140	16	6	0	30	351	3	0	0	6
Steak A La Carte		200	130	14	5	0	41	266	9	0	0	10
Legendary Chicken Biscuit		730	290	33	11	1	166	1902	47	1	2	58
Spicy Tender Biscuit		740	300	33	11	1	166	1533	48	2	3	58
Sausage Biscuit		500	320	36	15	0	30	1470	40	1	2	12
Sausage, Egg & Cheese Biscuit		790	500	57	27	1	214	2633	43	1	3	27
Bacon, Egg & Cheese Biscuit		560	320	37	17	0	181	1868	39	1	3	18
Steak, Egg & Cheese Biscuit		680	390	44	19	0	207	1864	48	1	3	24
Breakfast Wrap		490	270	34	16	0	221	984	33	1	3	26
Biscuits & Gravy		810	410	43	13	11	0	3674	94	1	14	6
Breakfast In A Cup (With Gravy)		1420	650	70	24	10	180	4160	166	6	12	28
Hash Brown		130	120	6	1	0	0	2310	16	1	0	1
Sausage, Egg & Cheese Croissant		560	410	45	16	1	196	937	23	1	2	17
Sausage, Egg & Cheese On Pancake		470	280	31	13	0	208	1091	31	1	10	18
Angus Steak, Egg & Cheese on Asiago Bagel		600	280	31	14	1	265	1270	45	2	3	33
Spicy Chicken Filet Biscuit (Ltd Menu)		630	300	34	11	0	50	2049	55	2	2	26
Chicken Filet Biscuit (Ltd Menu)		630	300	34	11	0	50	1789	55	2	2	27
Chicken, Egg & Cheese Breakfast Burrito		510	210	24	8	1	246	961	34	1	2	39
Country Ham Biscuit		570	330	37	15	0	65	2280	38	1	2	19
Maple Flatbread Sandwich		220	70	8	2	0	40	512	18	1	3	15
<b>FRIED CHICKEN</b>												
Chicken Breast Fried		480	260	28	7	1	146	485	5	0	0	48
Chicken Thigh Fried		460	320	35	9	1	164	476	5	0	0	28
Chicken Leg Fried		260	180	20	5	1	75	409	5	0	0	14
Chicken Wing Fried		200	140	15	3	1	66	391	5	0	0	11
Chicken Breast Baked		400	190	21	6	0	146	2204	1	0	0	48
Chicken Thigh Baked		380	250	28	8	0	164	2195	2	0	0	28
Chicken Leg Baked		180	120	13	4	0	75	2127	1	0	0	13
Chicken Wing Baked		120	70	8	2	0	66	2110	1	0	0	11
Chicken Tender		230	90	10	2	1	83	392	5	0	0	26
2 Piece Dark Fried (1 Biscuit)		1000	620	69	21	2	215	1905	47	1	2	43
2 Piece White Fried (1 Biscuit)		970	520	58	18	2	191	1891	46	1	2	60
2 Piece Dark Baked (1 Roll)		620	370	41	12	0	241	4142	19	0	6	42
2 Piece White Baked (1 Roll)		590	270	30	9	0	216	4104	19	0	6	59
3 Piece Dark Fried (1 Biscuit)		1420	900	101	28	3	366	2344	52	1	2	70
3 Piece White Fried (1 Biscuit)		1420	770	85	25	3	329	2348	51	1	2	106
3 Piece Dark Baked (1 Roll)		980	640	67	19	0	398	6248	21	1	6	69
3 Piece White Baked (1 Roll)		980	450	50	15	0	358	6242	20	1	6	105
6 Piece Mixed Fried (2 Biscuits)		2320	1454	162	46	7	537	4442	101	2	4	105
6 Piece Mixed Baked (2 Rolls)		1450	860	95	27	0	601	12056	40	1	12	103
8 Piece Family Pack Fried (4 Biscuits)		4130	2480	278	81	9	812	7805	186	4	9	207
8 Piece Family Pack Baked (4 Rolls)		2300	1210	134	39	0	856	14607	74	1	22	193
12 Piece Family Pack Fried (6 Biscuits)		5890	3420	383	116	13	1218	11389	279	7	13	311
12 Piece Family Pack Baked (6 Rolls)		3610	1910	211	61	0	1373	24740	112	2	34	303
16 Piece Family Pack Fried (8 Biscuits)		7850	4570	510	154	18	1624	15186	372	9	18	414
16 Piece Family Pack Baked (8 Rolls)		4810	2550	281	81	0	1830	32986	150	3	45	404
20 Piece Family Pack Fried (12 Biscuits)		10520	6050	678	210	22	2030	21220	540	13	27	529
20 Piece Family Pack Baked (12 Rolls)		6190	3220	355	104	0	2318	41395	220	4	66	512

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

	Size (oz)	Total Calories (G)	Calories from Fat (G)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Total Carbohydrates (G)	Dietary Fiber (G)	Sugars(G)	Protein (G)
<b>FRIED CHICKEN cont'd</b>												
Chicken Gizzards Fried	Reg	510	130	14	3	1	817	2142	27	0	0	64
	Lrg	960	190	21	5	1	1633	4285	54	0	0	128
Chicken Livers Fried	Reg	650	210	24	6	1	1174	2967	41	0	0	63
	Lrg	1240	360	40	12	1	2347	5934	82	0	0	126
2 Tenders & 2 Wedges Snack		530	170	19	3	2	166	1060	30	1	1	55
3 Piece Tender Snack (1 Biscuit)		940	320	36	12	1	248	2975	62	1	2	86
5 Piece Tender Snack (1 Biscuit)		1210	370	42	13	1	414	3077	62	1	2	137
12 Piece Tenders (4 Biscuits)		3440	1140	130	45	3	990	9180	210	4	9	337
20 Piece Tenders (6 Biscuits)		5540	1830	210	70	5	1655	1457	322	7	13	557
40 Piece Tender Platter		6880	1600	176	34	10	3311	15667	192	0	0	1048
60 Piece Tender Platter		10330	2400	263	51	15	4967	23500	288	0	0	1572
48 Piece Mixed Fried		16400	10320	1147	278	54	5489	19310	211	0	0	1229
48 Piece Dark Fried		16510	11360	1262	310	47	5876	17603	191	0	0	1303
48 Piece White Fried		16290	9287	1032	245	61	5102	21017	231	0	0	1428
48 Piece Breast Only Fried		22990	12200	1355	340	61	7022	23269	231	0	0	2321
<b>SANDWICHES, WRAPS &amp; DOGS</b>												
Chicken Tender Sandwich		580	130	15	3	1	166	1236	50	2	5	58
Spicy Chicken Tender Sandwich		740	240	25	10	1	236	859	55	2	1	66
Spicy Chicken Tender Slider		380	130	14	4	1	113	213	32	0	10	32
Pulled Pork Sandwich		550	220	24	9	0	91	738	54	2	17	29
BBQ Chicken Sandwich		390	90	10	2	0	85	510	41	0	13	32
Buffalo Chicken Snack Wrap		450	180	19	6	1	98	1177	37	1	2	34
BBQ Bacon Chicken Snack Wrap		520	210	23	8	1	105	1069	40	1	8	36
Grilled Chicken Wrap		410	120	13	5	0	96	1296	34	1	4	39
Hot Dog With Chili & Cheese		350	180	21	8	0	47	1067	28	0	5	13
Corn Dog		220	100	11	3	0	20	450	25	0	7	6
A-1 Steakburger		720	400	44	19	0	121	1567	41	2	6	37
<b>SPINX SNAX</b>												
French Fries		280	150	16	2	1	0	480	29	3	0	3
Onion Rings		330	190	20	3	1	0	519	33	1	4	3
Mozzarella Cheese Sticks (6)		590	310	34	12	1	50	1705	54	5	11	21
Jalapeño Cheddar Bites (6)		330	160	17	6	1	20	1100	32	2	6	10
Mini Egg Rolls (3)		420	210	23	6	1	15	840	44	3	12	10
Pizza Stix (1)		280	140	15	4	1	10	500	27	1	3	6
Beef & Cheese Burrito		320	130	15	7	0	20	920	37	2	1	11
Chicken Nuggets 6 Pieces		330	230	25	4.5	1.5	40	620	13	0	0	14
Chicken Nuggets 10 Pieces		510	330	37	7	1.5	65	1030	22	0	0	23
Fried Cheese Bites		580	320	35	18	0	115	2160	47	0	0	29
<b>SIDE DISHES</b>												
French Fries	Sm	280	150	16	2	1	0	480	29	3	0	3
	Lrg	700	310	35	5	1	0	1441	88	8	0	8
Onion Rings	Sm	330	190	20	3	1	0	519	33	1	4	3
	Lrg	600	310	34	5	1	0	1041	67	3	8	5
Fried Okra	Sm	160	70	7	1	1	0	427	20	3	3	3
	Lrg	350	90	7	1	1	0	1281	60	8	8	8
Mac & Cheese	Sm	170	70	8	4	0	16	551	17	1	1	6
	Lrg	500	220	25	11	1	49	1652	51	1	2	17
Mashed Potatoes & Gravy	Sm	220	110	13	4	4	0	1409	25	1	3	5
	Lrg	500	220	26	9	9	0	3151	64	2	6	11
Potato Wedge A La Carte		70	30	3	0	1	0	138	10	1	0	1
Potato Wedges	Sm	300	70	7	1	1	0	1419	52	3	1	6
	Lrg	530	70	8	1	1	0	2838	104	6	3	13
<b>SMOOTHIES &amp; COFFEE DRINKS</b>												
Smoothie - Lemonade	16	230	10	1	0	0	0	40	55	0	49	0
	20	280	10	1	0	0	0	45	69	0	61	0
Smoothie - Mango	16	420	10	1	0	0	0	40	104	0	89	0
	20	520	10	1	0	0	0	45	130	0	111	0
Smoothie - Peach Yogurt	16	190	0	0	0	0	0	125	47	0	42	2
	20	240	0	0	0	0	0	150	59	0	52	2
Smoothie - Strawberry	16	470	0	0	0	0	0	30	119	0	89	0
	20	590	0	0	0	0	0	35	149	0	111	0
Smoothie - Strawberry Banana	16	430	10	1	0	0	0	40	108	0	91	0
	20	540	10	1	0	0	0	45	135	0	113	0
Smoothie - Strawberry Banana Yogurt	16	190	0	0	0	0	0	125	51	0	43	2
	20	240	0	0	0	0	0	150	64	0	54	2

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

	Size (oz)	Total Calories (G)	Calories from Fat (G)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Total Carbohydrates (G)	Dietary Fiber(G)	Sugars(G)	Protein (G)
<strong>SMOOTHIES &amp; COFFEE DRINKS cont'd</strong>												
Smoothie - Strawberry Yogurt	16	190	0	0	0	0	0	125	49	0	42	2
	20	240	0	0	0	0	0	150	61	0	52	2
Smoothie - Wildberry	16	380	10	1	0	0	0	40	95	0	87	0
	20	470	10	1	0	0	0	45	118	0	109	0
Blended Frozen Caramel Latte	16	130	5	1	1	0	0	36	32	0	28	1
	20	130	5	1	1	0	0	36	32	0	28	1
Blended Frozen Mocha	16	140	5	1	1	0	0	36	34	0	30	1
	20	140	5	1	1	0	0	36	34	0	30	1
Iced Coffee - Blonde	16	200	60	7	4	0	31	111	28	0	24	8
	20	260	80	9	6	0	39	142	35	0	31	10
Iced Coffee - Bold	16	140	30	4	2	0	15	58	23	0	20	5
	20	180	40	5	3	0	20	74	29	0	25	6
Shake - Chocolate	16	740	230	26	17	0	91	310	111	0	83	14
	20	950	290	33	22	0	115	391	145	0	108	18
Shake - Strawberry	16	750	230	26	17	0	114	355	112	0	84	14
	20	960	290	33	22	0	145	450	145	0	109	18
Shake - Vanilla	16	670	205	23	15	0	101	316	100	0	76	13
	20	960	290	33	22	0	145	450	146	0	110	18
Soft Serve Cone Chocolate	240	70	7	5	0	24	92	38	0	23	3	
Soft Serve Cone Vanilla	240	70	7	5	0	33	108	38	0	23	3	
<strong>FOUNTAIN DRINKS</strong>												
Arizona Arnold Palmer	20	120	0	0	0	0	0	24	31	0	31	0
	32	190	0	0	0	0	0	38	49	0	49	0
	44	260	0	0	0	0	0	52	68	0	68	0
	52	310	0	0	0	0	0	62	81	0	81	0
Arizona Green Tea	20	180	0	0	0	0	0	25	45	0	43	0
	32	280	0	0	0	0	0	40	72	0	68	0
	44	380	0	0	0	0	0	55	99	0	94	0
	52	460	0	0	0	0	0	65	117	0	111	0
Barq's Root Beer	20	300	0	0	0	0	0	85	81	0	81	0
	32	480	0	0	0	0	0	135	130	0	130	0
	44	660	0	0	0	0	0	180	179	0	179	0
	52	780	0	0	0	0	0	220	212	0	212	0
Cheerwine	20	250	0	0	0	0	0	42	70	0	70	0
	32	400	0	0	0	0	0	67	112	0	112	0
	44	550	0	0	0	0	0	92	154	0	154	0
	52	650	0	0	0	0	0	108	182	0	182	0
Cherry Coke	20	280	0	0	0	0	0	30	76	0	76	0
	32	450	0	0	0	0	0	50	122	0	122	0
	44	620	0	0	0	0	0	65	168	0	168	0
	52	730	0	0	0	0	0	80	198	0	198	0
Cherry Pepsi	20	250	0	0	0	0	0	50	70	0	70	0
	32	400	0	0	0	0	0	80	112	0	112	0
	44	550	0	0	0	0	0	110	154	0	154	0
	52	650	0	0	0	0	0	130	182	0	182	0
Coke	20	270	0	0	0	0	0	20	73	0	73	0
	32	430	0	0	0	0	0	30	116	0	116	0
	44	580	0	0	0	0	0	45	160	0	160	0
	52	690	0	0	0	0	0	55	189	0	189	0
Coke Zero	20	0	0	0	0	0	0	30	0	0	0	0
	32	0	0	0	0	0	0	45	0	0	0	0
	44	0	0	0	0	0	0	60	0	0	0	0
	52	0	0	0	0	0	0	75	1	0	0	0
Diet Coke	20	0	0	0	0	0	0	45	0	0	0	0
	32	0	0	0	0	0	0	70	0	0	0	0
	44	0	0	0	0	0	0	100	1	0	0	0
	52	0	0	0	0	0	0	120	1	0	0	0
Diet Dr. Pepper	20	0	0	0	0	0	0	120	0	0	0	0
	32	0	0	0	0	0	0	190	0	0	0	0
	44	0	0	0	0	0	0	260	0	0	0	0
	52	0	0	0	0	0	0	310	0	0	0	0
*2,000 calories a day is used for general nutrition advice, but calorie needs may vary.												

	Size (oz)	Total Calories (G)	Calories from Fat (G)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Total Carbohydrates (G)	Dietary Fiber (G)	Sugars(G)	Protein (G)
<b>FOUNTAIN DRINKS cont'd</b>												
Diet Mountain Dew	20	0	0	0	0	0	0	100	0	0	0	0
	32	0	0	0	0	0	0	160	0	0	0	0
	44	0	0	0	0	0	0	220	0	0	0	0
	52	0	0	0	0	0	0	260	0	0	0	0
Diet Pepsi	20	0	0	0	0	0	0	100	0	0	0	0
	32	0	0	0	0	0	0	160	0	0	0	0
	44	0	0	0	0	0	0	220	0	0	0	0
	52	0	0	0	0	0	0	260	0	0	0	0
Dr. Pepper	20	240	0	0	0	0	0	75	65	0	64	0
	32	380	0	0	0	0	0	115	104	0	102	0
	44	530	0	0	0	0	0	160	143	0	140	0
	52	620	0	0	0	0	0	190	169	0	166	0
Fanta Orange	20	290	0	0	0	0	0	35	78	0	77	0
	32	460	0	0	0	0	0	55	125	0	123	0
	44	630	0	0	0	0	0	70	172	0	169	0
	52	740	0	0	0	0	0	85	203	0	200	0
Gatorade Fruit Punch	20	150	0	0	0	0	0	275	40	0	38	0
	32	240	0	0	0	0	0	440	64	0	60	0
	44	330	0	0	0	0	0	605	88	0	83	0
	52	390	0	0	0	0	0	715	104	0	98	0
Gatorade Orange	20	150	0	0	0	0	0	275	40	0	38	0
	32	240	0	0	0	0	0	440	64	0	60	0
	44	330	0	0	0	0	0	605	88	0	83	0
	52	390	0	0	0	0	0	780	104	0	98	0
Hawaiian Punch	20	280	0	0	0	0	0	90	75	0	74	0
	32	450	0	0	0	0	0	140	120	0	119	0
	44	620	0	0	0	0	0	200	165	0	163	0
	52	730	0	0	0	0	0	230	196	0	193	0
Hi-C Pink Lemonade	20	260	0	0	0	0	0	140	72	0	160	0
	32	410	0	0	0	0	0	220	114	0	109	0
	44	570	0	0	0	0	0	300	157	0	150	0
	52	670	0	0	0	0	0	360	186	0	177	0
Juice Tyme Ginger Ale	20	230	0	0	0	0	0	25	60	0	58	0
	32	360	0	0	0	0	0	40	96	0	92	0
	44	500	0	0	0	0	0	55	132	0	127	0
	52	590	0	0	0	0	0	65	156	0	151	0
Mello Yello	20	290	0	0	0	0	0	45	77	0	77	0
	32	460	0	0	0	0	0	70	123	0	123	0
	44	630	0	0	0	0	0	95	169	0	169	0
	52	740	0	0	0	0	0	110	200	0	199	0
Mountain Dew	20	280	0	0	0	0	0	88	73	0	73	0
	32	440	0	0	0	0	0	140	116	0	116	0
	44	600	0	0	0	0	0	193	160	0	160	0
	52	720	0	0	0	0	0	228	189	0	189	0
Mug Root Beer	20	250	0	0	0	0	0	75	65	0	65	0
	32	400	0	0	0	0	0	120	104	0	104	0
	44	550	0	0	0	0	0	165	143	0	143	0
	52	650	0	0	0	0	0	195	169	0	169	0
Orange Crush	20	270	0	0	0	0	0	80	108	0	72	0
	32	430	0	0	0	0	0	125	73	0	116	0
	44	590	0	0	0	0	0	170	117	0	159	0
	52	710	0	0	0	0	0	200	161	0	188	0
Pepsi	20	270	0	0	0	0	0	80	108	0	72	0
	32	430	0	0	0	0	0	125	73	0	116	0
	44	590	0	0	0	0	0	170	117	0	159	0
	52	710	0	0	0	0	0	200	161	0	188	0
Schwepps Ginger Ale	20	210	0	0	0	0	0	85	56	0	55	0
	32	340	0	0	0	0	0	135	89	0	88	0
	44	460	0	0	0	0	0	180	123	0	121	0
	52	540	0	0	0	0	0	220	145	0	143	0
Sierra Mist	20	250	0	0	0	0	0	50	68	0	68	0
	32	400	0	0	0	0	0	80	108	0	108	0
	44	550	0	0	0	0	0	110	149	0	149	0
	52	650	0	0	0	0	0	130	176	0	176	0
*2,000 calories a day is used for general nutrition advice, but calorie needs may vary.												

	Size (oz)	Total Calories (G)	Calories from Fat (G)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Total Carbohydrates (G)	Dietary Fiber(G)	Sugars(G)	Protein (G)
<b>FOUNTAIN DRINKS cont'd</b>												
Sprite	20	260	0	0	0	0	0	80	70	0	70	0
	32	420	0	0	0	0	0	125	112	0	112	0
	44	570	0	0	0	0	0	170	154	0	154	0
	52	680	0	0	0	0	0	210	182	0	182	0
SunKist Orange	20	260	0	0	0	0	0	110	70	0	69	0
	32	420	0	0	0	0	0	180	113	0	111	0
	44	580	0	0	0	0	0	240	155	0	152	0
	52	680	0	0	0	0	0	290	183	0	180	0
Tropicana Fruit Punch	20	280	0	0	0	0	0	63	75	0	75	0
	32	440	0	0	0	0	0	100	120	0	120	0
	44	610	0	0	0	0	0	138	165	0	165	0
	52	730	0	0	0	0	0	164	195	0	195	0
Tropicana Lemonade	20	250	0	0	0	0	0	263	68	0	68	0
	32	400	0	0	0	0	0	420	108	0	108	0
	44	550	0	0	0	0	0	578	149	0	149	0
	52	650	0	0	0	0	0	684	177	0	177	0
TruAde Fruit Punch	20	280	0	0	0	0	0	125	75	0	73	0
	32	440	0	0	0	0	0	200	120	0	116	0
	44	610	0	0	0	0	0	225	135	0	160	0
	52	730	0	0	0	0	0	325	195	0	189	0
<b>FROZEN DRINKS</b>												
Cheerwine	20	250	0	0	0	0	0	42	70	0	70	0
	32	400	0	0	0	0	0	67	112	0	112	0
	44	550	0	0	0	0	0	92	154	0	154	0
	52	650	0	0	0	0	0	108	182	0	182	0
Coke	20	270	0	0	0	0	0	20	73	0	73	0
	32	430	0	0	0	0	0	30	116	0	116	0
	44	580	0	0	0	0	0	45	160	0	160	0
	52	690	0	0	0	0	0	55	189	0	189	0
Fanta Orange	20	290	0	0	0	0	0	35	78	0	77	0
	32	460	0	0	0	0	0	55	125	0	123	0
	44	630	0	0	0	0	0	70	172	0	169	0
	52	740	0	0	0	0	0	85	203	0	200	0
Jolly Rancher Blue Raspberry	20	280	0	0	0	0	0	17	72	0	70	0
	32	450	0	0	0	0	0	27	115	0	112	0
	44	630	0	0	0	0	0	37	158	0	154	0
	52	740	0	0	0	0	0	43	186	0	182	0
Jolly Rancher Cherry	20	280	0	0	0	0	0	17	72	0	70	0
	32	450	0	0	0	0	0	27	115	0	112	0
	44	630	0	0	0	0	0	37	158	0	154	0
	52	740	0	0	0	0	0	43	186	0	182	0
Jolly Rancher Green Apple	20	280	0	0	0	0	0	17	74	0	68	0
	32	450	0	0	0	0	0	27	118	0	109	0
	44	630	0	0	0	0	0	37	163	0	151	0
	52	740	0	0	0	0	0	43	191	0	178	0
Jolly Rancher Watermelon	20	280	0	0	0	0	0	17	72	0	70	0
	32	450	0	0	0	0	0	27	115	0	112	0
	44	630	0	0	0	0	0	37	158	0	154	0
	52	740	0	0	0	0	0	43	186	0	182	0
Mountain Dew	20	280	0	0	0	0	0	88	73	0	73	0
	32	440	0	0	0	0	0	140	116	0	116	0
	44	610	0	0	0	0	0	193	160	0	160	0
	52	720	0	0	0	0	0	228	189	0	189	0
<b>LEMONADE AND TEA</b>												
Lemonade	20	350	0	0	0	0	0	53	88	0	88	0
	32	570	0	0	0	0	0	84	141	0	141	0
	44	780	0	0	0	0	0	116	194	0	193	0
	52	920	0	0	0	0	0	137	230	0	229	0
Mango Lemonade	20	360	0	0	0	0	0	42	90	0	89	0
	32	580	0	0	0	0	0	67	143	0	143	0
	44	790	0	0	0	0	0	92	197	0	197	0
	52	920	0	0	0	0	0	137	230	0	229	0

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

	Size (oz)	Total Calories (G)	Calories from Fat (G)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Sodium (Mg)	Total Carbohydrates (G)	Dietary Fiber (G)	Sugars(G)	Protein (G)
<b>LEMONADE AND TEA cont'd</b>												
Strawberry Lemonade	20	360	0	0	0	0	0	42	90	0	89	0
	32	580	0	0	0	0	0	67	143	0	143	0
	44	790	0	0	0	0	0	92	197	0	197	0
	52	930	0	0	0	0	0	108	233	0	233	0
Sweet Tea	20	250	0	0	0	0	0	0	65	0	65	0
	32	400	0	0	0	0	0	0	104	0	104	0
	44	550	0	0	0	0	0	0	143	0	143	0
	52	650	0	0	0	0	0	0	169	0	169	0
<b>HOT DRINKS</b>												
Caramel Macchiato	16	480	90	10	10	0	0	543	84	1	67	3
	20	600	110	12	12	0	0	679	118	2	84	3
	24	720	140	15	15	0	1	814	142	2	101	4
Cocoa Supreme	16	450	45	5	4	0	1	566	97	3	77	5
	20	560	50	6	5	0	2	707	122	4	96	6
	24	680	60	7	6	0	2	849	146	5	115	7
Regular Coffee	16	10	0	0	0	0	0	0	2	0	0	0
	20	15	0	0	0	0	0	0	3	0	0	0
	24	15	0	0	0	0	0	0	3	0	0	0
Decaf Coffee	16	10	0	0	0	0	0	0	2	0	0	0
	20	15	0	0	0	0	0	0	3	0	0	0
	24	15	0	0	0	0	0	0	3	0	0	0
Hazelnut Coffee	16	10	0	0	0	0	0	0	2	0	0	0
	20	15	0	0	0	0	0	0	3	0	0	0
	24	15	0	0	0	0	0	0	3	0	0	0
French Vanilla Cappuccino	16	490	110	12	12	0	0	481	93	1	67	2
	20	610	140	15	15	0	0	610	117	1	84	3
	24	740	160	18	18	0	1	722	140	1	101	3
Oreo Hot Chocolate	16	480	90	10	8	0	2	544	90	4	72	6
	20	600	120	13	10	0	2	680	113	5	91	8
	24	720	140	15	12	0	2	815	135	6	109	9
Salted Caramel Mocha	16	340	60	8	8	0	0	506	65	2	46	2
	20	420	80	10	9	0	0	632	82	3	58	2
	24	510	100	12	11	0	0	759	98	3	69	3
Smores Cocoa	16	470	70	8	7	0	0	551	97	3	69	2
	20	580	90	10	9	0	0	689	121	4	87	3
	24	700	110	12	11	0	0	827	146	4	104	3

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