



	Serving Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Pretzels																
Original Twist Pretzel - Salted	1 (107g)	400	80	9g	1.5g	0g	0mg	470mg	73g	2g	13g	9g	0%	0%	2%	25%
Original Twist Pretzel - Unsalted	1 (107g)	400	80	9g	1.5g	0g	0mg	190mg	73g	2g	13g	9g	0%	0%	2%	25%
Original Twist Pretzel - Cinnamon Sugar	1 (134g)	510	80	9g	1.5g	0g	0mg	190mg	100g	3g	39g	9g	0%	0%	4%	25%
Original Twist Pretzel - Garlic Butter	1 (120g)	440	80	9g	1.5g	0g	0mg	760mg	82g	3g	16g	11g	0%	0%	6%	25%
Original Twist Pretzel - Garlic Parmesan	1 (120g)	440	80	9g	2g	0g	< 5mg	860mg	80g	3g	14g	12g	2%	2%	8%	25%
Pretzel Bites - Salted	1 (152g)	540	50	6g	0.5g	0g	0mg	750mg	110g	3g	20g	14g	0%	0%	4%	35%
Pretzel Bites - Unsalted	1 (150g)	540	50	6g	0.5g	0g	0mg	190mg	110g	3g	20g	14g	0%	0%	2%	35%
Pretzel Bites - Cinnamon Sugar	1 (192g)	700	50	6g	0.5g	0g	0mg	190mg	151g	4g	59g	14g	0%	0%	6%	35%
Pretzel Bites - Garlic Butter	1 (172g)	610	60	7g	1g	0g	< 5mg	1060mg	124g	4g	24g	17g	0%	0%	10%	35%
Pretzel Bites - Garlic Parmesan	1 (172g)	610	70	8g	1.5g	0g	< 5mg	1200mg	121g	5g	21g	18g	4%	4%	15%	40%
Pretzel Sticks - Salted	6 (152g)	540	60	6g	1g	0g	0mg	750mg	110g	3g	20g	14g	0%	0%	4%	35%
Pretzel Sticks - Unsalted	6 (150g)	540	60	6g	1g	0g	0mg	190mg	110g	3g	20g	14g	0%	0%	2%	35%
Pretzel Sticks - Cinnamon Sugar	6 (193g)	700	60	6g	1g	0g	0mg	190mg	151g	4g	60g	14g	0%	0%	6%	35%
Pretzel Sticks - Garlic Butter	6 (172g)	610	60	7g	1g	0g	< 5mg	1060mg	124g	4g	24g	17g	0%	0%	10%	35%
Pretzel Sticks - Garlic Parmesan	6 (172g)	610	70	8g	1.5g	0g	< 5mg	1200mg	121g	5g	21g	18g	4%	4%	15%	40%
Pretzel Dog - Original	1 (90g)	340	190	20g	6g	0g	30mg	400mg	31g	< 1g	7g	9g	0%	0%	8%	10%
Totally Twisted - Pepperoni and Cheese	1 (152g)	530	170	19g	9g	0g	40mg	720mg	73g	2g	13g	22g	0%	0%	20%	25%
Totally Twisted - Cheese	1 (141g)	480	120	14g	8g	0g	30mg	550mg	73g	2g	13g	19g	0%	0%	20%	25%
Dipping Sauces																
Cheddar Cheese	1.5oz (43g)	50	35	4g	1g	0g	0mg	290mg	3g	0g	0g	0g	0%	0%	0%	0%
Nacho Cheese	1.5oz (43g)	50	35	4g	1g	0g	0mg	350mg	3g	0g	0g	0g	0%	0%	0%	0%
Cream Cheese	1.5oz (43g)	100	90	10g	6g	0g	30mg	100mg	2g	0g	2g	2g	8%	0%	2%	0%
Pizza Sauce	1.5oz (43g)	20	0	0g	0g	0g	0mg	160mg	4g	0g	3g	< 1g	6%	8%	0%	2%
Garlic Butter	1.25oz (35g)	200	200	22g	3g	0g	0mg	310mg	0g	0g	0g	0g	25%	0%	0%	0%
Honey Mustard	1oz (28g)	40	0	0g	0g	0g	0mg	160mg	9g	0g	9g	0g	0%	0%	0%	0%
Vanilla Icing	1.5oz (43g)	150	10	1.5g	1g	0g	0mg	55mg	34g	0g	2g	0g	0%	0%	0%	0%
Beverages																
Lemonade 16 oz	16 fl oz (325g)	160	0	0g	0g	0g	0mg	0mg	42g	0g	41g	0g	0%	15%	0%	0%
Lemonade 24 oz	24 fl oz (474g)	230	0	0g	0g	0g	0mg	0mg	62g	0g	60g	0g	0%	25%	0%	0%
Lemonade 32 oz	32 fl oz (651g)	320	0	0g	0g	0g	0mg	0mg	85g	0g	82g	0g	0%	35%	0%	0%
Black Cherry Lemonade 16 oz	16 fl oz (331g)	190	0	0g	0g	0g	0mg	0mg	49g	0g	48g	0g	0%	15%	0%	0%
Black Cherry Lemonade 24 oz	24 fl oz (482g)	270	0	0g	0g	0g	0mg	0mg	72g	0g	71g	0g	0%	25%	0%	0%
Black Cherry Lemonade 32 oz	32 fl oz (662g)	380	0	0g	0g	0g	0mg	0mg	99g	0g	97g	0g	0%	35%	0%	0%
Cherry Lemonade 16 oz	16 fl oz (331g)	190	0	0g	0g	0g	0mg	0mg	49g	0g	48g	0g	0%	15%	0%	0%
Cherry Lemonade 24 oz	24 fl oz (482g)	270	0	0g	0g	0g	0mg	0mg	72g	0g	71g	0g	0%	25%	0%	0%
Cherry Lemonade 32 oz	32 fl oz (662g)	380	0	0g	0g	0g	0mg	0mg	99g	0g	97g	0g	0%	35%	0%	0%
Raspberrry Lemonade 16 oz	16 fl oz (331g)	190	0	0g	0g	0g	0mg	0mg	50g	0g	49g	0g	0%	15%	0%	0%
Raspberrry Lemonade 24 oz	24 fl oz (482g)	280	0	0g	0g	0g	0mg	0mg	74g	0g	72g	0g	0%	25%	0%	0%
Raspberrry Lemonade 32 oz	32 fl oz (662g)	390	0	0g	0g	0g	0mg	0mg	101g	0g	99g	0g	0%	35%	0%	0%
Strawberry Lemonade 16 oz	16 fl oz (331g)	190	0	0g	0g	0g	0mg	0mg	49g	0g	48g	0g	0%	15%	0%	0%
Strawberry Lemonade 24 oz	24 fl oz (482g)	270	0	0g	0g	0g	0mg	0mg	72g	0g	71g	0g	0%	25%	0%	0%
Strawberry Lemonade 32 oz	32 fl oz (662g)	380	0	0g	0g	0g	0mg	0mg	99g	0g	97g	0g	0%	35%	0%	0%
Frozen Lemonade 16 oz	16 fl oz (400g)	230	0	0g	0g	0g	0mg	0mg	62g	0g	60g	0g	0%	25%	0%	0%
Frozen Lemonade 24 oz	24 fl oz (600g)	350	0	0g	0g	0g	0mg	0mg	92g	0g	90g	0g	0%	40%	0%	0%
Frozen Lemonade 32 oz	32 fl oz (800g)	470	0	0g	0g	0g	0mg	0mg	123g	0g	120g	0g	0%	50%	0%	0%



	Serving Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Black Cherry Frozen Lemonade 16 oz	16 fl oz (480g)	260	0	0g	0g	0g	0mg	0mg	69g	0g	67g	0g	0%	25%	0%	0%
Black Cherry Frozen Lemonade 24 oz	24 fl oz (612g)	390	0	0g	0g	0g	0mg	0mg	103g	0g	101g	0g	0%	35%	0%	0%
Black Cherry Frozen Lemonade 32 oz	32 fl oz (816g)	520	0	0g	0g	0g	0mg	0mg	137g	0g	134g	0g	0%	50%	0%	0%
Cherry Frozen Lemonade 16 oz	16 fl oz (480g)	260	0	0g	0g	0g	0mg	0mg	69g	0g	67g	0g	0%	25%	0%	0%
Cherry Frozen Lemonade 24 oz	24 fl oz (612g)	390	0	0g	0g	0g	0mg	0mg	103g	0g	101g	0g	0%	35%	0%	0%
Cherry Frozen Lemonade 32 oz	32 fl oz (816g)	520	0	0g	0g	0g	0mg	0mg	137g	0g	134g	0g	0%	50%	0%	0%
Raspberry Frozen Lemonade 16 oz	16 fl oz (480g)	270	0	0g	0g	0g	0mg	0mg	70g	0g	68g	0g	0%	25%	0%	0%
Raspberry Frozen Lemonade 24 oz	24 fl oz (612g)	400	0	0g	0g	0g	0mg	0mg	105g	0g	102g	0g	0%	35%	0%	0%
Raspberry Frozen Lemonade 32 oz	32 fl oz (816g)	530	0	0g	0g	0g	0mg	0mg	139g	0g	136g	0g	0%	50%	0%	0%
Strawberry Frozen Lemonade 16 oz	16 fl oz (480g)	260	0	0g	0g	0g	0mg	0mg	69g	0g	67g	0g	0%	25%	0%	0%
Strawberry Frozen Lemonade 24 oz	24 fl oz (612g)	390	0	0g	0g	0g	0mg	0mg	103g	0g	101g	0g	0%	35%	0%	0%
Strawberry Frozen Lemonade 32 oz	32 fl oz (816g)	520	0	0g	0g	0g	0mg	0mg	137g	0g	134g	0g	0%	50%	0%	0%
Iced Tea - Sweetened 16 oz	16 fl oz (351g)	130	0	0g	0g	0g	0mg	10mg	34g	0g	33g	0g	0%	0%	0%	0%
Iced Tea - Sweetened 24 oz	24 fl oz (527g)	200	0	0g	0g	0g	0mg	15mg	52g	0g	50g	0g	0%	0%	0%	0%
Iced Tea - Sweetened 32 oz	32 fl oz (702g)	270	0	0g	0g	0g	0mg	20mg	69g	0g	67g	0g	0%	0%	0%	0%
Black Cherry Iced Tea - Sweetened 16 oz	16 fl oz (371g)	170	0	0g	0g	0g	0mg	10mg	43g	0g	42g	0g	0%	0%	0%	0%
Black Cherry Iced Tea - Sweetened 24 oz	24 fl oz (557g)	250	0	0g	0g	0g	0mg	15mg	65g	0g	64g	0g	0%	0%	0%	0%
Black Cherry Iced Tea - Sweetened 32 oz	32 fl oz (743g)	340	0	0g	0g	0g	0mg	20mg	87g	0g	85g	0g	0%	0%	0%	0%
Cherry Iced Tea - Sweetened 16 oz	16 fl oz (371g)	170	0	0g	0g	0g	0mg	10mg	43g	0g	42g	0g	0%	0%	0%	0%
Cherry Iced Tea - Sweetened 24 oz	24 fl oz (557g)	250	0	0g	0g	0g	0mg	15mg	65g	0g	64g	0g	0%	0%	0%	0%
Cherry Iced Tea - Sweetened 32 oz	32 fl oz (743g)	340	0	0g	0g	0g	0mg	20mg	87g	0g	85g	0g	0%	0%	0%	0%
Raspberry Iced Tea - Sweetened 16 oz	16 fl oz (371g)	170	0	0g	0g	0g	0mg	10mg	44g	0g	43g	0g	0%	0%	0%	0%
Raspberry Iced Tea - Sweetened 24 oz	24 fl oz (557g)	260	0	0g	0g	0g	0mg	15mg	67g	0g	65g	0g	0%	0%	0%	0%
Raspberry Iced Tea - Sweetened 32 oz	32 fl oz (743g)	350	0	0g	0g	0g	0mg	20mg	89g	0g	87g	0g	0%	0%	0%	0%
Strawberry Iced Tea - Sweetened 16 oz	16 fl oz (371g)	170	0	0g	0g	0g	0mg	10mg	43g	0g	42g	0g	0%	0%	0%	0%
Strawberry Iced Tea - Sweetened 24 oz	24 fl oz (557g)	250	0	0g	0g	0g	0mg	15mg	65g	0g	64g	0g	0%	0%	0%	0%
Strawberry Iced Tea - Sweetened 32 oz	32 fl oz (743g)	340	0	0g	0g	0g	0mg	20mg	87g	0g	85g	0g	0%	0%	0%	0%
Iced Tea - Unsweet 16 oz	16 fl oz (326g)	0	0	0g	0g	0g	0mg	10mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Iced Tea - Unsweet 24 oz	24 fl oz (474g)	0	0	0g	0g	0g	0mg	15mg	1g	0g	0g	0g	0%	0%	0%	0%
Iced Tea - Unsweet 32 oz	32 fl oz (622g)	5	0	0g	0g	0g	0mg	20mg	2g	0g	0g	0g	0%	0%	0%	0%
Black Cherry Iced Tea - Unsweet 16 oz	16 fl oz (338g)	40	0	0g	0g	0g	0mg	10mg	10g	0g	9g	0g	0%	0%	0%	0%
Black Cherry Iced Tea - Unsweet 24 oz	24 fl oz (507g)	60	0	0g	0g	0g	0mg	15mg	15g	0g	14g	0g	0%	0%	0%	0%
Black Cherry Iced Tea - Unsweet 32 oz	32 fl oz (676g)	80	0	0g	0g	0g	0mg	20mg	20g	0g	18g	0g	0%	0%	0%	0%
Cherry Iced Tea - Unsweet 16 oz	16 fl oz (338g)	40	0	0g	0g	0g	0mg	10mg	10g	0g	9g	0g	0%	0%	0%	0%
Cherry Iced Tea - Unsweet 24 oz	24 fl oz (507g)	60	0	0g	0g	0g	0mg	15mg	15g	0g	14g	0g	0%	0%	0%	0%
Cherry Iced Tea - Unsweet 32 oz	32 fl oz (676g)	80	0	0g	0g	0g	0mg	20mg	20g	0g	18g	0g	0%	0%	0%	0%
Raspberry Iced Tea - Unsweet 16 oz	16 fl oz (338g)	45	0	0g	0g	0g	0mg	10mg	11g	0g	10g	0g	0%	0%	0%	0%
Raspberry Iced Tea - Unsweet 24 oz	24 fl oz (507g)	60	0	0g	0g	0g	0mg	15mg	16g	0g	15g	0g	0%	0%	0%	0%
Raspberry Iced Tea - Unsweet 32 oz	32 fl oz (676g)	90	0	0g	0g	0g	0mg	20mg	22g	0g	20g	0g	0%	0%	0%	0%
Strawberry Iced Tea - Unsweet 16 oz	16 fl oz (338g)	40	0	0g	0g	0g	0mg	10mg	10g	0g	9g	0g	0%	0%	0%	0%
Strawberry Iced Tea - Unsweet 24 oz	24 fl oz (507g)	60	0	0g	0g	0g	0mg	15mg	15g	0g	14g	0g	0%	0%	0%	0%
Strawberry Iced Tea - Unsweet 32 oz	32 fl oz (676g)	80	0	0g	0g	0g	0mg	20mg	20g	0g	18g	0g	0%	0%	0%	0%
Half and Half Lemonade Iced Tea 16 oz	16 fl oz (300g)	100	0	0g	0g	0g	0mg	0mg	26g	0g	25g	0g	0%	8%	0%	0%
Half and Half Lemonade Iced Tea 24 oz	24 fl oz (437g)	140	0	0g	0g	0g	0mg	5mg	38g	0g	36g	0g	0%	10%	0%	0%
Half and Half Lemonade Iced Tea 32 oz	32 fl oz (574g)	190	0	0g	0g	0g	0mg	10mg	49g	0g	47g	0g	0%	15%	0%	0%
Black Cherry Half and Half Lemonade Iced Tea 16 oz	16 fl oz (331g)	110	0	0g	0g	0g	0mg	0mg	30g	0g	29g	0g	0%	8%	0%	0%
Black Cherry Half and Half Lemonade Iced Tea 24 oz	24 fl oz (475g)	160	0	0g	0g	0g	0mg	5mg	43g	0g	42g	0g	0%	10%	0%	0%
Black Cherry Half and Half Lemonade Iced Tea 32 oz	32 fl oz (633g)	220	0	0g	0g	0g	0mg	10mg	57g	0g	56g	0g	0%	15%	0%	0%



	Serving Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Cherry Half and Half Lemonade Iced Tea 16 oz	16 fl oz (331g)	110	0	0g	0g	0g	0mg	0mg	30g	0g	29g	0g	0%	8%	0%	0%
Cherry Half and Half Lemonade Iced Tea 24 oz	24 fl oz (475g)	160	0	0g	0g	0g	0mg	5mg	43g	0g	42g	0g	0%	10%	0%	0%
Cherry Half and Half Lemonade Iced Tea 32 oz	32 fl oz (633g)	220	0	0g	0g	0g	0mg	10mg	57g	0g	56g	0g	0%	15%	0%	0%
Raspberry Half and Half Lemonade Iced Tea 16 oz	16 fl oz (331g)	120	0	0g	0g	0g	0mg	0mg	31g	0g	30g	0g	0%	8%	0%	0%
Raspberry Half and Half Lemonade Iced Tea 24 oz	24 fl oz (475g)	170	0	0g	0g	0g	0mg	5mg	45g	0g	43g	0g	0%	10%	0%	0%
Raspberry Half and Half Lemonade Iced Tea 32 oz	32 fl oz (633g)	230	0	0g	0g	0g	0mg	10mg	59g	0g	57g	0g	0%	15%	0%	0%
Strawberry Half and Half Lemonade Iced Tea 16 oz	16 fl oz (331g)	110	0	0g	0g	0g	0mg	0mg	30g	0g	29g	0g	0%	8%	0%	0%
Strawberry Half and Half Lemonade Iced Tea 24 oz	24 fl oz (475g)	150	0	0g	0g	0g	0mg	5mg	39g	0g	37g	0g	0%	10%	0%	0%
Strawberry Half and Half Lemonade Iced Tea 32 oz	32 fl oz (633g)	220	0	0g	0g	0g	0mg	10mg	57g	0g	56g	0g	0%	15%	0%	0%
Iced Coffee 16 oz	16 fl oz (323g)	110	20	2g	1.5g	0g	5mg	45mg	24g	0g	22g	1g	2%	0%	6%	0%
Iced Coffee 24 oz	24 fl oz (485g)	170	30	3g	2g	0g	10mg	70mg	36g	0g	33g	2g	2%	2%	10%	0%
Iced Coffee 32 oz	32 fl oz (646g)	230	35	3.5g	2.5g	0g	15mg	95mg	47g	0g	44g	3g	2%	2%	10%	0%
Iced Coffee - Caramel 16 oz	16 fl oz (344g)	150	20	2g	1.5g	0g	5mg	45mg	33g	0g	31g	1g	2%	0%	6%	0%
Iced Coffee - Caramel 24 oz	24 fl oz (516g)	230	30	3g	2g	0g	10mg	70mg	50g	0g	47g	2g	2%	2%	10%	0%
Iced Coffee - Caramel 32 oz	32 fl oz (687g)	310	35	3.5g	2.5g	0g	15mg	95mg	67g	0g	63g	3g	2%	2%	10%	0%
Iced Coffee - French Vanilla 16 oz	16 fl oz (344g)	150	20	2g	1.5g	0g	5mg	45mg	33g	0g	31g	1g	2%	0%	6%	0%
Iced Coffee - French Vanilla 24 oz	24 fl oz (516g)	220	30	3g	2g	0g	10mg	70mg	49g	0g	47g	2g	2%	2%	10%	0%
Iced Coffee - French Vanilla 32 oz	32 fl oz (687g)	300	35	3.5g	2.5g	0g	15mg	95mg	66g	0g	63g	3g	2%	2%	10%	0%
Soft Drinks																
Pepsi 16 oz	16 fl oz (473g)	170	0	0g	0g	0g	0mg	35mg	46g	0g	46g	0g	0%	0%	0%	0%
Pepsi 24 oz	24 fl oz (710g)	260	0	0g	0g	0g	0mg	55mg	69g	0g	69g	0g	0%	0%	0%	0%
Pepsi 32 oz	32 fl oz (946g)	340	0	0g	0g	0g	0mg	70mg	92g	0g	92g	0g	0%	0%	0%	0%
Diet Pepsi 16 oz	16 fl oz (473g)	0	0	0g	0g	0g	0mg	65mg	0g	0g	0g	0g	0%	0%	0%	0%
Diet Pepsi 24 oz	24 fl oz (710g)	0	0	0g	0g	0g	0mg	100mg	0g	0g	0g	0g	0%	0%	0%	0%
Diet Pepsi 32 oz	32 fl oz (946g)	0	0	0g	0g	0g	0mg	130mg	0g	0g	0g	0g	0%	0%	0%	0%
Pepsi Wild Cherry 16 oz	16 fl oz (473g)	170	0	0g	0g	0g	0mg	35mg	47g	0g	47g	0g	0%	0%	0%	0%
Pepsi Wild Cherry 24 oz	24 fl oz (710g)	260	0	0g	0g	0g	0mg	55mg	71g	0g	71g	0g	0%	0%	0%	0%
Pepsi Wild Cherry 32 oz	32 fl oz (946g)	340	0	0g	0g	0g	0mg	70mg	94g	0g	94g	0g	0%	0%	0%	0%
Mountain Dew 16 oz	16 fl oz (473g)	180	0	0g	0g	0g	0mg	55mg	49g	0g	49g	0g	0%	0%	0%	0%
Mountain Dew 24 oz	24 fl oz (710g)	270	0	0g	0g	0g	0mg	85mg	74g	0g	74g	0g	0%	0%	0%	0%
Mountain Dew 32 oz	32 fl oz (946g)	360	0	0g	0g	0g	0mg	110mg	98g	0g	98g	0g	0%	0%	0%	0%
Diet Mountain Dew 16 oz	16 fl oz (473g)	0	0	0g	0g	0g	0mg	60mg	< 1g	0g	< 1g	0g	0%	0%	0%	0%
Diet Mountain Dew 24 oz	24 fl oz (710g)	5	0	0g	0g	0g	0mg	90mg	1g	0g	1g	0g	0%	0%	0%	0%
Diet Mountain Dew 32 oz	32 fl oz (946g)	10	0	0g	0g	0g	0mg	120mg	2g	0g	2g	0g	0%	0%	0%	0%
Mug Root Beer 16 oz	16 fl oz (473g)	160	0	0g	0g	0g	0mg	50mg	44g	0g	44g	0g	0%	0%	0%	0%
Mug Root Beer 24 oz	24 fl oz (710g)	240	0	0g	0g	0g	0mg	75mg	66g	0g	66g	0g	0%	0%	0%	0%
Mug Root Beer 32 oz	32 fl oz (946g)	320	0	0g	0g	0g	0mg	100mg	88g	0g	88g	0g	0%	0%	0%	0%
Tropicana Fruit Punch 16 oz	16 fl oz (473g)	190	0	0g	0g	0g	0mg	40mg	50g	0g	50g	0g	0%	0%	0%	0%
Tropicana Fruit Punch 24 oz	24 fl oz (710g)	280	0	0g	0g	0g	0mg	60mg	75g	0g	75g	0g	0%	0%	0%	0%
Tropicana Fruit Punch 32 oz	32 fl oz (946g)	380	0	0g	0g	0g	0mg	80mg	100g	0g	100g	0g	0%	0%	0%	0%
Mist Twist 16 oz	16 fl oz (473g)	170	0	0g	0g	0g	0mg	35mg	45g	0g	45g	0g	0%	0%	0%	0%
Mist Twist 24 oz	24 fl oz (710g)	260	0	0g	0g	0g	0mg	55mg	67g	0g	67g	0g	0%	0%	0%	0%
Mist Twist 32 oz	32 fl oz (946g)	340	0	0g	0g	0g	0mg	70mg	90g	0g	90g	0g	0%	0%	0%	0%



	Serving Size	Calories	Calories from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Smoothies																
Strawberry	16 fl oz (286g)	300	0	0g	0g	0g	0mg	0mg	76g	2g	74g	0g	0%	90%	0%	4%
Strawberry Banana	16 fl oz (286g)	300	0	0g	0g	0g	0mg	0mg	74g	1g	71g	0g	0%	80%	0%	4%
Four Berry	16 fl oz (286g)	300	0	0g	0g	0g	0mg	0mg	74g	2g	71g	< 1g	0%	45%	0%	4%
Peach	16 fl oz (286g)	300	0	0g	0g	0g	0mg	0mg	74g	2g	71g	2g	20%	35%	0%	10%
Pina Colada	16 fl oz (286g)	300	0	0g	0g	0g	0mg	0mg	76g	2g	74g	< 1g	0%	80%	0%	4%
Strawberries and Cream	16 fl oz (378g)	410	45	4.5g	3g	0g	15mg	95mg	92g	2g	87g	3g	4%	90%	15%	4%
Strawberry Bananas and Cream	16 fl oz (378g)	410	45	4.5g	3g	0g	15mg	95mg	90g	1g	84g	3g	4%	80%	15%	4%
Four Berries and Cream	16 fl oz (378g)	410	45	4.5g	3g	0g	15mg	95mg	90g	2g	84g	3g	4%	50%	15%	4%
Peaches and Cream	16 fl oz (378g)	410	45	4.5g	3g	0g	15mg	95mg	90g	2g	84g	5g	20%	35%	15%	10%
Pina Colada and Cream	16 fl oz (378g)	410	45	4.5g	3g	0g	15mg	95mg	92g	2g	87g	4g	4%	80%	15%	4%
Bubblegum	16 fl oz (262g)	440	90	10g	7g	0g	15mg	180mg	89g	0g	56g	7g	4%	2%	25%	0%
Cotton Candy	16 fl oz (262g)	460	90	10g	7g	0g	15mg	150mg	88g	0g	68g	5g	4%	2%	15%	0%
Orange Cream	16 fl oz (262g)	460	100	10g	9g	0g	15mg	200mg	84g	0g	66g	5g	4%	2%	15%	0%
Rootbeer Float	16 fl oz (242g)	390	140	15g	12g	0g	25mg	190mg	62g	2g	48g	4g	4%	2%	20%	0%
Triple Chocolate	16 fl oz (269g)	440	120	12g	9g	0g	15mg	510mg	86g	4g	62g	7g	4%	2%	20%	20%
Triple Chocolate - Caramel	16 fl oz (299g)	500	120	12g	9g	0g	15mg	510mg	101g	4g	76g	7g	4%	2%	20%	20%
Triple Chocolate - Raspberry	16 fl oz (299g)	500	120	12g	9g	0g	15mg	510mg	101g	4g	77g	7g	4%	2%	20%	20%
White Chocolate	16 fl oz (269g)	470	100	10g	9g	0g	15mg	400mg	89g	0g	70g	9g	4%	6%	35%	0%
White Chocolate - Caramel	16 fl oz (299g)	530	100	10g	9g	0g	15mg	400mg	104g	0g	84g	9g	4%	6%	35%	0%
White Chocolate - Raspberry	16 fl oz (299g)	530	100	10g	9g	0g	15mg	400mg	104g	0g	85g	9g	4%	6%	35%	0%
Mocha	16 fl oz (269g)	420	100	10g	9g	0g	15mg	370mg	81g	1g	66g	5g	4%	2%	20%	6%
Mocha - Caramel	16 fl oz (299g)	480	100	10g	9g	0g	15mg	370mg	95g	1g	80g	5g	4%	2%	20%	6%
Mocha - Raspberry	16 fl oz (299g)	480	100	10g	9g	0g	15mg	370mg	96g	1g	81g	5g	4%	2%	20%	6%

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

Revised 5/7/18