

# Swensons Drive In Menu Analysis Book

Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Burger Toppings (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Burger Toppings (1 serving) with A-1 Steak Sauce	13	0	0	0	0	0	233	3	0	2	0	0	0	0	0
Burger Toppings (1 serving) with Bacon	60	36	4	2	0	10	220	0	0	0	4	0	0	0	0
Burger Toppings (1 serving) with Cajun Spices	0	0	0	0	0	0	576	0	0	0	0	0	0	0	0
Burger Toppings (1 serving) with Cheese	40	27	3	2	0	13	205	2	0	1	3	150	0	75	0
Burger Toppings (1 serving) with Cole Slaw	154	96	11	1	0	0	289	14	2	12	1	1469	24	37	0
Burger Toppings (1 serving) with Grilled Onions	37	24	3	2	0	7	23	3	0	1	0	98	2	6	0
Burger Toppings (1 serving) with Honey Mustard	45	0	0	0	0	0	160	10	0	9	0	0	0	0	0
Burger Toppings (1 serving) with Ketchup	35	1	0	0	0	0	267	8	0	7	0	133	2	4	0
Burger Toppings (1 serving) with Lettuce	3	0	0	0	0	0	3	0	0	0	0	1048	3	6	0
Burger Toppings (1 serving) with Mayo	98	98	11	2	0	0	87	0	0	0	0	0	0	0	0
Burger Toppings (1 serving) with Mustard	7	3	0	0	0	0	133	0	0	0	0	1	0	7	0
Burger Toppings (1 serving) with Pickle Chips	1	0	0	0	0	0	158	0	0	0	0	0	0	6	0
Burger Toppings (1 serving) with Pickle Relish	47	0	0	0	0	0	236	9	0	9	0	0	0	0	0
Burger Toppings (1 serving) with Sliced Onions	13	0	0	0	0	0	1	3	0	1	0	1	2	6	0
Burger Toppings (1 serving) with Spanish Olive	6	4	0	0	0	0	104	0	0	0	0	0	0	0	0
Burger Toppings (1 serving) with Sweet Pickle	3	0	0	0	0	0	25	1	0	1	0	0	0	0	0
Burger Toppings (1 serving) with Tartar Sauce	158	126	14	2	0	0	350	12	0	12	0	0	0	0	0
Burger Toppings (1 serving) with Tomato	2	0	0	0	0	0	0	0	0	0	0	79	1	1	0
Cheeseburg (1 serving)	358	139	15	7	0	66	560	36	1	9	21	352	0	129	3
Cheeseburg (1 serving) with A-1 Steak Sauce	371	139	15	7	0	66	793	38	1	11	21	352	0	129	3
Cheeseburg (1 serving) with Bacon	418	175	19	9	0	76	780	36	1	9	25	352	0	129	3
Cheeseburg (1 serving) with Barbecue Sauce	398	139	15	7	0	66	930	46	1	18	21	352	0	129	3
Cheeseburg (1 serving) with Cajun Spices	358	139	15	7	0	66	1135	36	1	9	21	352	0	129	3
Cheeseburg (1 serving) with Cheese	398	166	18	9	0	78	765	37	1	10	23	502	0	204	3
Cheeseburg (1 serving) with Cole Slaw	512	235	26	8	0	66	849	50	3	21	22	1822	24	166	4
Cheeseburg (1 serving) with Grilled Onions	395	163	18	9	0	73	583	38	1	10	21	450	2	135	3
Cheeseburg (1 serving) with Honey Mustard	403	139	15	7	0	66	720	46	1	18	21	352	0	129	3
Cheeseburg (1 serving) with Ketchup	393	139	15	7	0	66	826	44	1	16	21	486	2	134	3
Cheeseburg (1 serving) with Lettuce	361	139	15	7	0	66	563	36	1	9	21	1401	3	135	3
Cheeseburg (1 serving) with Mayo	457	237	26	9	0	66	647	36	1	9	21	352	0	129	3
Cheeseburg (1 serving) with Mustard	365	142	16	7	0	66	692	36	1	9	21	353	0	136	3
Cheeseburg (1 serving) with Pickle Chips	359	139	15	7	0	66	718	36	1	9	21	353	0	136	3
Cheeseburg (1 serving) with Pickle Relish	406	139	15	7	0	66	796	45	1	19	21	352	0	129	3
Cheeseburg (1 serving) with Sliced Onions	371	139	15	7	0	66	561	38	1	10	21	353	2	136	3
Cheeseburg (1 serving) with Spanish Olive	364	142	16	7	0	66	664	36	1	9	21	352	0	129	3
Cheeseburg (1 serving) with Sweet Pickle	362	139	15	7	0	66	585	36	1	10	21	352	0	129	3
Cheeseburg (1 serving) with Tartar Sauce	516	265	29	9	0	66	910	48	1	21	21	352	0	129	3
Cheeseburg (1 serving) with Tomato	360	139	15	7	0	66	560	36	1	9	21	431	1	130	3
Double Cheeseburg (1 serving)	476	187	21	9	0	103	599	40	1	13	33	352	0	134	5
Double Cheeseburg (1 serving) with A-1 Steak Sauce	489	187	21	9	0	103	833	42	1	15	33	352	0	134	5
Double Cheeseburg (1 serving) with Bacon	536	223	25	11	0	113	819	40	1	13	37	352	0	134	5
Double Cheeseburg (1 serving) with Barbecue Sauce	516	187	21	9	0	103	969	50	1	22	33	352	0	134	5
Double Cheeseburg (1 serving) with Cajun Spices	476	187	21	9	0	103	1175	40	1	13	33	352	0	134	5
Double Cheeseburg (1 serving) with Cheese	516	214	24	11	0	116	804	41	1	14	36	502	0	209	5
Double Cheeseburg (1 serving) with Cole Slaw	630	283	31	10	0	103	889	54	3	26	35	1822	24	170	5
Double Cheeseburg (1 serving) with Grilled Onions	513	211	23	11	0	111	622	43	1	14	34	450	2	140	5
Double Cheeseburg (1 serving) with Honey Mustard	521	187	21	9	0	103	759	50	1	22	33	352	0	134	5

Double Cheeseburg (1 serving) with Ketchup	511	187	21	9	0	103	866	48	1	20	34	486	2	138	5
Double Cheeseburg (1 serving) with Lettuce	479	187	21	9	0	103	602	40	1	13	34	1401	3	140	5
Double Cheeseburg (1 serving) with Mayo	574	285	32	11	0	103	686	40	1	13	33	352	0	134	5
Double Cheeseburg (1 serving) with Mustard	483	190	21	9	0	103	732	40	1	13	34	353	0	141	5
Double Cheeseburg (1 serving) with Pickle Chips	477	187	21	9	0	103	757	40	1	13	33	353	0	140	5
Double Cheeseburg (1 serving) with Pickle Relish	523	187	21	9	0	103	835	49	1	23	33	352	0	134	5
Double Cheeseburg (1 serving) with Sliced Onions	489	187	21	9	0	103	600	43	1	14	34	353	2	140	5
Double Cheeseburg (1 serving) with Spanish Olive	482	190	21	9	0	103	703	40	1	13	33	352	0	134	5
Double Cheeseburg (1 serving) with Sweet Pickle	480	187	21	9	0	103	624	40	1	14	33	352	0	134	5
Double Cheeseburg (1 serving) with Tartar Sauce	634	313	35	11	0	103	949	52	1	25	33	352	0	134	5
Double Cheeseburg (1 serving) with Tomato	478	187	21	9	0	103	600	40	1	13	33	431	1	135	5
Double Cheeseburg (1 serving) with Tomato															
Double Cheeseburg (1 serving) with Tomato															
Double Hamburg (1 serving)	436	160	18	7	0	91	394	38	1	12	31	202	0	59	5
Double Hamburg (1 serving) with A-1 Steak Sauce	449	160	18	7	0	91	628	41	1	14	31	202	0	59	5
Double Hamburg (1 serving) with Bacon	496	196	22	9	0	101	614	38	1	12	35	202	0	59	5
Double Hamburg (1 serving) with Barbecue Sauce	476	160	18	7	0	91	764	48	1	21	31	202	0	59	5
Double Hamburg (1 serving) with Cajun Spices	436	160	18	7	0	91	970	38	1	12	31	202	0	59	5
Double Hamburg (1 serving) with Cheese	476	187	21	9	0	103	599	40	1	13	33	352	0	134	5
Double Hamburg (1 serving) with Cole Slaw	590	256	28	8	0	91	684	52	3	25	32	1672	24	95	5
Double Hamburg (1 serving) with Grilled Onions	473	184	20	9	0	98	417	41	1	13	31	300	2	65	5
Double Hamburg (1 serving) with Honey Mustard	481	160	18	7	0	91	554	48	1	21	31	202	0	59	5
Double Hamburg (1 serving) with Ketchup	471	160	18	7	0	91	661	46	1	19	31	336	2	63	5
Double Hamburg (1 serving) with Lettuce	439	160	18	7	0	91	397	39	1	12	31	1251	3	65	5
Double Hamburg (1 serving) with Mayo	534	258	29	9	0	91	481	38	1	12	31	202	0	59	5
Double Hamburg (1 serving) with Mustard	443	163	18	7	0	91	527	39	1	12	31	203	0	66	5
Double Hamburg (1 serving) with Pickle Chips	437	160	18	7	0	91	552	38	1	12	31	203	0	65	5
Double Hamburg (1 serving) with Pickle Relish	483	160	18	7	0	91	630	48	1	22	31	202	0	59	5
Double Hamburg (1 serving) with Sliced Onions	449	160	18	7	0	91	395	41	1	13	31	203	2	65	5
Double Hamburg (1 serving) with Spanish Olive	442	163	18	7	0	91	498	38	1	12	31	202	0	59	5
Double Hamburg (1 serving) with Sweet Pickle	440	160	18	7	0	91	419	39	1	13	31	202	0	59	5
Double Hamburg (1 serving) with Tartar Sauce	594	286	32	9	0	91	744	50	1	24	31	202	0	59	5
Double Hamburg (1 serving) with Tomato	438	160	18	7	0	91	395	39	1	12	31	281	1	60	5
Double Hamburg (1 serving) with Tomato															
Double Hamburg (1 serving) with Tomato															
Galley Boy (1 serving)	527	226	25	10	0	103	803	43	1	17	33	352	0	134	5
Galley Boy (1 serving) with Bacon	587	262	29	11	0	113	1023	43	1	17	37	352	0	134	5
Galley Boy (1 serving) with Barbecue Sauce	547	226	25	10	0	103	988	48	1	21	33	352	0	134	5
Galley Boy (1 serving) with Cole Slaw	681	322	36	11	0	103	1093	57	3	29	35	1822	24	170	5
Galley Boy (1 serving) with Grilled Onions	564	250	28	11	0	111	826	46	1	18	34	450	2	140	5
Galley Boy (1 serving) with Lettuce	530	226	25	10	0	103	806	44	1	17	34	1401	3	140	5
Galley Boy (1 serving) with Pickle Chips	528	226	25	10	0	103	961	43	1	17	33	353	0	140	5
Galley Boy (1 serving) with Red Sauce	549	226	25	10	0	103	954	48	1	22	33	352	0	140	5
Galley Boy (1 serving) with Sliced Onions	540	226	25	10	0	103	804	46	1	18	34	353	2	140	5
Galley Boy (1 serving) with Tomato	529	226	25	10	0	103	804	44	1	17	33	431	1	135	5
Galley Boy (1 serving) with Yellow Mustard	534	229	25	10	0	103	936	44	1	17	34	353	0	141	5
Galley Boy (1 serving) with Yellow Mustard															
Galley Boy (1 serving) with Yellow Mustard															
Half Pounder Plus (1 serving)	672	255	28	10	0	167	473	46	1	20	56	202	0	68	7
Half Pounder Plus (1 serving) with A-1 Steak Sauce	684	255	28	10	0	167	706	49	1	22	56	202	0	68	7
Half Pounder Plus (1 serving) with Bacon	732	291	32	12	0	177	693	46	1	20	60	202	0	68	7
Half Pounder Plus (1 serving) with Barbecue Sauce	712	255	28	10	0	167	843	56	1	29	56	202	0	68	7
Half Pounder Plus (1 serving) with Cajun Spices	672	255	28	10	0	167	1048	46	1	20	56	202	0	68	7
Half Pounder Plus (1 serving) with Cheese	712	282	31	12	0	179	678	48	1	21	58	352	0	143	7
Half Pounder Plus (1 serving) with Cole Slaw	826	352	39	12	0	167	762	61	3	33	57	1672	24	104	8
Half Pounder Plus (1 serving) with Grilled Onions	709	280	31	12	0	174	495	49	1	22	56	300	2	74	7
Half Pounder Plus (1 serving) with Hot Peppers	690	255	28	10	0	167	1380	51	1	20	56	202	0	68	7
Half Pounder Plus (1 serving) with Ketchup	706	256	28	10	0	167	739	55	1	27	56	336	2	72	7

Half Pounder Plus (1 serving) with Lettuce	674	256	28	10	0	167	476	47	1	20	56	1251	3	74	7
Half Pounder Plus (1 serving) with Mayo	770	354	39	12	0	167	560	46	1	20	56	202	0	68	7
Half Pounder Plus (1 serving) with Mustard	678	259	29	10	0	167	605	47	1	20	56	203	0	74	7
Half Pounder Plus (1 serving) with Pickle Chips	672	256	28	10	0	167	631	46	1	20	56	203	0	74	7
Half Pounder Plus (1 serving) with Pickle Relish	719	255	28	10	0	167	709	56	1	30	56	202	0	68	7
Half Pounder Plus (1 serving) with Sliced Onions	685	256	28	10	0	167	473	49	1	22	56	203	2	74	7
Half Pounder Plus (1 serving) with Spanish Olive	678	259	29	10	0	167	577	46	1	20	56	202	0	68	7
Half Pounder Plus (1 serving) with Sweet Pickle	675	255	28	10	0	167	498	47	1	21	56	202	0	68	7
Half Pounder Plus (1 serving) with Tartar Sauce	829	381	42	12	0	167	823	59	1	33	56	202	0	68	7
Half Pounder Plus (1 serving) with Tomato	674	256	28	10	0	167	473	47	1	21	56	281	1	69	7
Hamburg (1 serving)	318	112	12	5	0	53	355	34	1	8	18	202	0	54	3
Hamburg (1 serving) with A-1 Steak Sauce	331	112	12	5	0	53	588	37	1	10	18	202	0	54	3
Hamburg (1 serving) with Bacon	378	148	16	7	0	63	575	34	1	8	22	202	0	54	3
Hamburg (1 serving) with Barbecue Sauce	358	112	12	5	0	53	725	44	1	17	18	202	0	54	3
Hamburg (1 serving) with Cajun Spices	318	112	12	5	0	53	930	34	1	8	18	202	0	54	3
Hamburg (1 serving) with Cheese	358	139	15	7	0	66	560	36	1	9	21	352	0	129	3
Hamburg (1 serving) with Cole Slaw	472	208	23	6	0	53	644	48	3	20	20	1672	24	91	4
Hamburg (1 serving) with Grilled Onions	355	136	15	7	0	60	378	37	1	9	19	300	2	60	3
Hamburg (1 serving) with Honey Mustard	363	112	12	5	0	53	515	44	1	17	18	202	0	54	3
Hamburg (1 serving) with Ketchup	353	112	12	5	0	53	621	42	1	15	19	336	2	59	3
Hamburg (1 serving) with Lettuce	321	112	12	5	0	53	358	34	1	8	19	1251	3	60	3
Hamburg (1 serving) with Mayo	417	210	23	7	0	53	442	34	1	8	18	202	0	54	3
Hamburg (1 serving) with Mustard	325	115	13	5	0	53	487	35	1	8	19	203	0	61	3
Hamburg (1 serving) with Pickle Chips	319	112	12	5	0	53	513	34	1	8	18	203	0	61	3
Hamburg (1 serving) with Pickle Relish	366	112	12	5	0	53	591	44	1	18	18	202	0	54	3
Hamburg (1 serving) with Sliced Onions	331	112	12	5	0	53	356	37	1	9	19	203	2	61	3
Hamburg (1 serving) with Spanish Olive	324	115	13	5	0	53	459	34	1	8	18	202	0	54	3
Hamburg (1 serving) with Sweet Pickle	322	112	12	5	0	53	380	35	1	9	18	202	0	54	3
Hamburg (1 serving) with Tartar Sauce	476	238	26	7	0	53	705	46	1	20	18	202	0	54	3
Hamburg (1 serving) with Tomato	320	112	12	5	0	53	355	34	1	8	19	281	1	55	3
Hamburger Bun (1 bun)	201	64	7	4	0	15	316	30	1	4	6	202	0	50	2
Quarter Pounder Plus (1 serving)	436	160	18	7	0	91	394	38	1	12	31	202	0	59	5
Quarter Pounder Plus (1 serving) with A-1 Steak Sauce	449	160	18	7	0	91	628	41	1	14	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Bacon	496	196	22	9	0	101	614	38	1	12	35	202	0	59	5
Quarter Pounder Plus (1 serving) with Barbecue Sauce	476	160	18	7	0	91	764	48	1	21	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Cajun Spices	436	160	18	7	0	91	970	38	1	12	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Cheese	476	187	21	9	0	103	599	40	1	13	33	352	0	134	5
Quarter Pounder Plus (1 serving) with Cole Slaw	590	256	28	8	0	91	684	52	3	25	32	1672	24	95	5
Quarter Pounder Plus (1 serving) with Grilled Onions	473	184	20	9	0	98	417	41	1	13	31	300	2	65	5
Quarter Pounder Plus (1 serving) with Honey Mustard	481	160	18	7	0	91	554	48	1	21	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Ketchup	471	160	18	7	0	91	661	46	1	19	31	336	2	63	5
Quarter Pounder Plus (1 serving) with Lettuce	439	160	18	7	0	91	397	39	1	12	31	1251	3	65	5
Quarter Pounder Plus (1 serving) with Mayo	534	258	29	9	0	91	481	38	1	12	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Mustard	443	163	18	7	0	91	527	39	1	12	31	203	0	66	5
Quarter Pounder Plus (1 serving) with Pickle Chips	437	160	18	7	0	91	552	38	1	12	31	203	0	65	5
Quarter Pounder Plus (1 serving) with Pickle Relish	483	160	18	7	0	91	630	48	1	22	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Sliced Onions	449	160	18	7	0	91	395	41	1	13	31	203	2	65	5
Quarter Pounder Plus (1 serving) with Spanish Olive	442	163	18	7	0	91	498	38	1	12	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Sweet Pickle	440	160	18	7	0	91	419	39	1	13	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Tartar Sauce	594	286	32	9	0	91	744	50	1	24	31	202	0	59	5
Quarter Pounder Plus (1 serving) with Tomato	438	160	18	7	0	91	395	39	1	12	31	281	1	60	5

Triple Cheeseburg (1 serving)	634	261	29	13	0	154	843	45	1	18	48	502	0	213	6
Triple Cheeseburg (1 serving) with A-1 Steak Sauce	646	261	29	13	0	154	1077	48	1	20	48	502	0	213	6
Triple Cheeseburg (1 serving) with Bacon	694	297	33	14	0	164	1063	45	1	18	52	502	0	213	6
Triple Cheeseburg (1 serving) with Barbecue Sauce	674	261	29	13	0	154	1213	55	1	27	48	502	0	213	6
Triple Cheeseburg (1 serving) with Cajun Spices	634	261	29	13	0	154	1419	45	1	18	48	502	0	213	6
Triple Cheeseburg (1 serving) with Cheese	674	288	32	15	0	166	1048	47	1	19	51	652	0	288	6
Triple Cheeseburg (1 serving) with Cole Slaw	788	358	40	14	0	154	1133	59	3	31	49	1972	24	250	6
Triple Cheeseburg (1 serving) with Grilled Onions	671	286	32	14	0	161	866	48	1	19	49	600	2	219	6
Triple Cheeseburg (1 serving) with Honey Mustard	679	261	29	13	0	154	1003	55	1	27	48	502	0	213	6
Triple Cheeseburg (1 serving) with Ketchup	669	262	29	13	0	154	1110	53	1	25	49	636	2	217	6
Triple Cheeseburg (1 serving) with Lettuce	637	262	29	13	0	154	846	46	1	18	49	1551	3	219	6
Triple Cheeseburg (1 serving) with Mayo	732	360	40	14	0	154	931	45	1	18	48	502	0	213	6
Triple Cheeseburg (1 serving) with Mustard	641	265	29	13	0	154	976	46	1	18	49	503	0	220	6
Triple Cheeseburg (1 serving) with Pickle Chips	635	262	29	13	0	154	1001	45	1	18	48	503	0	219	6
Triple Cheeseburg (1 serving) with Pickle Relish	681	261	29	13	0	154	1080	55	1	28	48	502	0	213	6
Triple Cheeseburg (1 serving) with Sliced Onions	647	262	29	13	0	154	844	48	1	19	49	503	2	219	6
Triple Cheeseburg (1 serving) with Spanish Olive	640	265	29	13	0	154	947	45	1	18	48	502	0	213	6
Triple Cheeseburg (1 serving) with Sweet Pickle	637	261	29	13	0	154	868	46	1	19	48	502	0	213	6
Triple Cheeseburg (1 serving) with Tartar Sauce	791	387	43	14	0	154	1193	57	1	30	48	502	0	213	6
Triple Cheeseburg (1 serving) with Tomato	636	262	29	13	0	154	844	46	1	18	48	581	1	214	6
Triple Hamburg (1 serving)	554	207	23	9	0	129	433	42	1	16	43	202	0	63	6
Triple Hamburg (1 serving) with A-1 Steak Sauce	566	207	23	9	0	129	667	45	1	18	43	202	0	63	6
Triple Hamburg (1 serving) with Bacon	614	243	27	10	0	139	653	42	1	16	47	202	0	63	6
Triple Hamburg (1 serving) with Barbecue Sauce	594	207	23	9	0	129	803	52	1	25	43	202	0	63	6
Triple Hamburg (1 serving) with Cajun Spices	554	207	23	9	0	129	1009	42	1	16	43	202	0	63	6
Triple Hamburg (1 serving) with Cheese	594	234	26	11	0	141	638	44	1	17	46	352	0	138	6
Triple Hamburg (1 serving) with Cole Slaw	708	304	34	10	0	129	723	56	3	29	44	1672	24	100	6
Triple Hamburg (1 serving) with Grilled Onions	591	232	26	10	0	136	456	45	1	17	44	300	2	69	6
Triple Hamburg (1 serving) with Honey Mustard	599	207	23	9	0	129	593	52	1	25	43	202	0	63	6
Triple Hamburg (1 serving) with Ketchup	589	208	23	9	0	129	700	50	1	23	44	336	2	67	6
Triple Hamburg (1 serving) with Lettuce	557	208	23	9	0	129	436	43	1	16	44	1251	3	69	6
Triple Hamburg (1 serving) with Mayo	652	306	34	10	0	129	521	42	1	16	43	202	0	63	6
Triple Hamburg (1 serving) with Mustard	561	211	23	9	0	129	566	43	1	16	44	203	0	70	6
Triple Hamburg (1 serving) with Pickle Chips	555	208	23	9	0	129	591	42	1	16	43	203	0	69	6
Triple Hamburg (1 serving) with Pickle Relish	601	207	23	9	0	129	670	52	1	26	43	202	0	63	6
Triple Hamburg (1 serving) with Sliced Onions	567	208	23	9	0	129	434	45	1	17	44	203	2	69	6
Triple Hamburg (1 serving) with Spanish Olive	560	211	23	9	0	129	537	42	1	16	43	202	0	63	6
Triple Hamburg (1 serving) with Sweet Pickle	557	207	23	9	0	129	458	43	1	17	43	202	0	63	6
Triple Hamburg (1 serving) with Tartar Sauce	711	333	37	10	0	129	783	54	1	28	43	202	0	63	6
Triple Hamburg (1 serving) with Tomato	556	208	23	9	0	129	434	43	1	16	43	281	1	64	6
	<b>Total</b>	<b>Fat</b>	<b>Total Fat</b>	<b>Saturated</b>	<b>Trans Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber (g)</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A (iu)</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron (mg)</b>
<b>Sandwiches</b>	<b>Calories</b>	<b>Calories</b>	<b>(g)</b>	<b>Fat (g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>		<b>(g)</b>	<b>(g)</b>		<b>(mg)</b>	<b>(mg)</b>	
	<b>(kcal)</b>	<b>(kcal)</b>													
Bacon, Lettuce and Tomato Sandwich (1 serving)	383	305	34	8	0	30	838	1	0	1	12	1206	5	8	0
Bacon, Lettuce and Tomato Sandwich (1 serving) with Bread Choice Toasted Wheat Bread	804	441	49	15	0	60	1509	59	4	7	24	1611	10	128	4
Bacon, Lettuce and Tomato Sandwich (1 serving) with Bread Choice Toasted White Bread	694	450	50	16	0	60	1269	34	1	3	19	1611	5	105	2
Egg Salad Sandwich (1 serving)	200	135	15	4	0	350	570	4	0	3	12	0	0	50	1
Egg Salad Sandwich (1 serving) with Bread Choice Toasted Wheat Bread	621	271	30	11	0	380	1241	62	4	9	24	405	5	170	5
Egg Salad Sandwich (1 serving) with Bread Choice Toasted White Bread	511	280	31	12	0	380	1001	37	1	5	19	405	0	147	3
Fish Sandwich (1 serving)	467	130	14	4	0	40	576	67	1	9	20	202	0	70	3
Fish Sandwich (1 serving) with Cheese	507	157	17	6	0	53	781	68	1	10	23	352	0	145	3

Fish Sandwich (1 serving) with Leaf Lettuce	470	131	15	4	0	40	579	67	1	9	20	1251	3	76	3
Fried Bologna Sandwich (1 serving)	531	326	36	14	0	95	896	30	1	4	24	202	0	50	2
Fried Bologna Sandwich (1 serving) with Sliced Onions	544	326	36	14	0	95	896	33	1	5	24	203	2	56	2
Fried Bologna Sandwich (1 serving) with Yellow Mustard	537	329	37	14	0	95	1028	30	1	4	24	203	0	57	2
Fried Chicken Fillet Sandwich (1 serving)	509	218	24	7	0	65	1246	47	2	4	26	302	0	70	3
Fried Chicken Fillet Sandwich (1 serving) with Leaf Lettuce	511	218	24	7	0	65	1249	47	2	4	26	1351	3	76	3
Fried Chicken Fillet Sandwich (1 serving) with Mayo	607	316	35	8	0	65	1333	47	2	4	26	302	0	70	3
Fried Chicken Fillet Sandwich (1 serving) with Tomato Slice	511	218	24	7	0	65	1246	47	2	4	26	381	1	71	3
Grilled Cheese Sandwich (1 serving)	80	54	6	4	0	25	410	3	0	2	5	300	0	150	0
Grilled Cheese Sandwich (1 serving) with Bread Choice Toasted Wheat Bread	501	190	21	11	0	55	1081	61	4	8	17	705	5	270	4
Grilled Cheese Sandwich (1 serving) with Bread Choice Toasted White Bread	391	199	22	12	0	55	841	36	1	4	12	705	0	247	2
Grilled Chicken Breast Sandwich (1 serving)	367	124	14	6	0	107	898	28	2	0	32	202	4	87	2
Grilled Chicken Breast Sandwich (1 serving) with Leaf Lettuce	370	124	14	6	0	107	901	29	2	0	32	1251	6	93	2
Grilled Chicken Breast Sandwich (1 serving) with Mayo	465	222	25	7	0	107	985	28	2	0	32	202	4	87	2
Grilled Chicken Breast Sandwich (1 serving) with Tomato Slice	369	124	14	6	0	107	898	29	2	0	32	281	5	88	2
Hot Dog (1 serving)	351	172	19	7	0	50	956	31	0	4	12	202	2	118	2
Hot Dog with Coney Sauce (1 serving)	431	214	24	9	0	71	1066	36	0	8	17	202	2	129	3
Pork Sandwich (1 serving)	452	183	20	7	0	109	629	34	1	7	33	202	0	40	5
Pork Sandwich (1 serving) with Dipping Sauce Choice Barbecue Sauce	512	183	20	7	0	109	1184	49	1	21	33	202	0	40	5
Pork Sandwich (1 serving) with Dipping Sauce Choice Red Sauce	519	183	20	7	0	109	1081	50	1	22	33	202	0	57	5
Salad Boy Sandwich (1 serving)	490	185	21	7	0	28	1427	54	5	12	25	1481	6	224	3
Salad Boy Sandwich (1 serving) with Dipping Sauce Choice Barbecue Sauce	510	185	21	7	0	28	1612	59	5	17	25	1481	6	224	3
Salad Boy Sandwich (1 serving) with Dipping Sauce Choice Red Sauce	512	185	21	7	0	28	1577	59	5	17	25	1481	6	230	3
Sloppy Joe (1 serving)	427	183	20	8	0	58	517	44	2	15	17	202	0	62	4
Veggie Special (1 serving)	269	73	8	4	0	15	834	41	3	11	5	2458	13	113	3
<b>Crispy Extras</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Cajun Seasoned French Fries (1 serving)	231	89	10	2	0	0	638	33	3	0	3	0	0	32	1
Chicken Nuggets, 10 Piece (1 serving)	451	225	25	5	0	88	951	25	3	0	33	0	0	0	4
Chicken Nuggets, 10 Piece (1 serving) with Barbecue Sauce	501	225	25	5	0	88	1291	37	3	11	33	0	0	13	4
Chicken Nuggets, 10 Piece (1 serving) with Honey Mustard Dressing	496	225	25	5	0	88	1111	35	3	9	33	0	0	0	4
Chicken Nuggets, 10 Piece (1 serving) with Ranch Dressing	643	399	44	8	0	105	1406	29	3	2	33	0	0	0	4
Chicken Nuggets, 6 Pieces (1 serving)	270	135	15	3	0	53	571	15	2	0	20	0	0	0	2
Chicken Nuggets, 6 Pieces (1 serving) with Barbecue Sauce	320	135	15	3	0	53	911	27	2	11	20	0	0	13	2
Chicken Nuggets, 6 Pieces (1 serving) with Honey Mustard Dressing	315	135	15	3	0	53	731	25	2	9	20	0	0	0	2
Chicken Nuggets, 6 Pieces (1 serving) with Ranch Dressing	463	308	34	6	0	70	1026	19	2	2	20	0	0	0	2
French Fries (1 serving)	231	89	10	2	0	0	1295	33	3	0	3	0	0	32	1
French Fries (1 serving) with Ranch Dressing	424	263	29	5	0	18	1750	37	3	2	3	0	0	32	1
Fried Mushrooms (1 serving)	411	211	23	3	0	0	760	42	4	0	8	0	0	80	0

Fried Mushrooms (1 serving) with Ranch Dressing	603	384	43	5	0	18	1215	46	4	2	8	0	0	80	0
Fried Zucchini (1 serving)	259	136	15	3	0	102	324	24	2	5	7	1620	4	132	0
Fried Zucchini (1 serving) with Ranch Dressing	451	309	34	6	0	120	779	28	2	7	7	1620	4	132	0
Onion Rings (1 serving)	210	90	10	2	0	0	300	27	3	3	3	0	3	51	0
Onion Rings (1 serving) with Ranch Dressing	402	263	29	4	0	18	755	30	3	5	3	0	3	51	0
Potato Puffs (1 serving)	228	114	13	3	0	0	429	25	3	0	3	0	3	14	1
Potato Puffs (1 serving) with Ranch Dressing	421	287	32	6	0	18	884	28	3	2	3	0	3	14	1
Potato Teezers (1 serving)	431	229	25	7	0	40	1020	38	4	2	14	0	0	300	1
Potato Teezers (1 serving) with Ranch Dressing	623	402	45	9	0	58	1475	42	4	4	14	0	0	300	1
Applesauce (1 serving)	90	0	0	0	0	0	10	22	2	18	0	0	0	0	0
<b>Dinners</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Chicken Finger Dinner (1 serving)	551	126	14	5	0	79	1395	65	3	4	42	202	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Barbecue Sauce	621	126	14	5	0	79	2042	82	3	20	42	202	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Honey Mustard	641	126	14	5	0	79	1715	85	3	22	42	202	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Ranch Dressing	771	324	36	8	0	99	1915	69	3	6	42	202	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Red Sauce	628	126	14	5	0	79	1922	84	3	21	42	202	0	70	2
Chicken Finger Dinner (1 serving) with Side Choice Applesauce	641	126	14	5	0	79	1405	87	5	22	42	202	0	50	2
Chicken Finger Dinner (1 serving) with Side Choice Cajun Seasoned French Fries	782	216	24	7	0	79	2033	98	6	4	46	202	0	82	3
Chicken Finger Dinner (1 serving) with Side Choice Cole Slaw	705	223	25	6	0	79	1684	79	4	16	44	1672	24	87	2
Chicken Finger Dinner (1 serving) with Side Choice French Fries	782	216	24	7	0	79	2689	98	6	4	46	202	0	82	3
Chicken Finger Snack (1 serving)	350	63	7	1	0	63	1079	35	2	0	36	0	0	0	0
Chicken Finger Snack (1 serving) with Honey Mustard	440	63	7	1	0	63	1399	55	2	18	36	0	0	0	0
Chicken Finger Snack (1 serving) with Ranch Dressing	570	261	29	4	0	83	1599	39	2	2	36	0	0	0	0
Fish Dinner (1 serving)	647	125	14	4	0	65	636	97	1	6	34	204	4	92	4
Fish Dinner (1 serving) with Dipping Sauce Choice Barbecue Sauce	717	125	14	4	0	65	1283	114	1	22	34	204	4	92	4
Fish Dinner (1 serving) with Dipping Sauce Choice Red Sauce	725	125	14	4	0	65	1163	115	1	23	34	204	4	112	4
Fish Dinner (1 serving) with Side Choice Applesauce	737	125	14	4	0	65	646	119	3	24	34	204	4	92	4
Fish Dinner (1 serving) with Side Choice Cajun Seasoned French Fries	878	215	24	6	0	65	1274	130	4	6	37	204	4	124	5
Fish Dinner (1 serving) with Side Choice Cole Slaw	801	221	25	6	0	65	925	111	3	19	35	1674	27	129	4
Fish Dinner (1 serving) with Side Choice French Fries	878	215	24	6	0	65	1930	130	4	6	37	204	4	124	5
Shrimp Dinner (1 serving)	479	104	12	4	0	118	1303	73	11	7	23	204	4	107	2
Shrimp Dinner (1 serving) with Dipping Sauce Choice Barbecue Sauce	549	104	12	4	0	118	1950	91	11	23	23	204	4	107	2
Shrimp Dinner (1 serving) with Dipping Sauce Choice Red Sauce	556	104	12	4	0	118	1830	92	11	24	23	204	4	127	2
Shrimp Dinner (1 serving) with Side Choice Applesauce	569	104	12	4	0	118	1313	95	13	25	23	204	4	107	2
Shrimp Dinner (1 serving) with Side Choice Cajun Seasoned French Fries	710	194	22	6	0	118	1941	106	14	7	26	204	4	139	3
Shrimp Dinner (1 serving) with Side Choice Cole Slaw	633	200	22	5	0	118	1592	87	13	19	24	1674	27	143	2
Shrimp Dinner (1 serving) with Side Choice French Fries	710	194	22	6	0	118	2598	106	14	7	26	204	4	139	3
Shrimp Snack (1 serving)	319	40	4	1	0	103	1265	54	10	12	16	0	0	55	9
<b>Hot Homestyle Soups</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Chili, Large (1 serving)	474	156	17	5	0	68	1298	57	3	24	22	0	0	85	8

Chili, Regular (1 serving)	349	110	12	3	0	45	935	43	2	16	16	0	0	57	5
Vegetable Beef Soup, Large (1 serving)	270	79	9	2	0	17	1468	36	3	7	12	0	0	54	4
Vegetable Beef Soup, Regular (1 serving)	213	59	7	1	0	11	1049	30	2	5	9	0	0	36	3
<b>Childrens Favorites</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Banana Milkshake (1 shake)	457	146	16	10	0	65	339	68	0	62	11	617	7	414	0
Banana Milkshake (1 shake) with Malt	570	158	18	11	0	70	395	90	0	81	13	684	13	454	0
Blueberry Milkshake (1 shake)	485	146	16	10	0	65	328	75	0	70	11	617	2	414	0
Blueberry Milkshake (1 shake) with Malt	598	158	18	11	0	70	384	97	0	89	13	684	8	454	0
Caramel Milkshake (1 shake)	493	157	17	11	0	69	404	73	0	62	11	674	3	443	0
Caramel Milkshake (1 shake) with Malt	606	169	19	12	0	74	460	96	0	81	14	740	8	483	0
Cheeseburg (1 serving)	358	139	15	7	0	66	560	36	1	9	21	352	0	129	3
Cherry Milkshake (1 shake)	486	146	16	10	0	65	330	75	0	70	11	617	2	414	0
Cherry Milkshake (1 shake) with Malt	599	158	18	11	0	70	386	97	0	89	13	684	8	454	0
Cherry Soda (1 drink)	128	0	0	0	0	0	35	32	0	30	0	2	4	2	0
Chocolate Milkshake (1 shake)	493	171	19	13	0	65	395	69	1	63	12	617	3	457	1
Chocolate Milkshake (1 shake) with Malt	606	183	20	14	0	70	451	92	1	82	14	684	8	497	1
Coffee Milkshake (1 shake)	487	146	16	10	0	65	327	73	0	69	11	617	2	414	0
Coffee Milkshake (1 shake) with Malt	600	158	18	11	0	70	383	96	0	88	13	684	8	454	0
Combo Milkshake (1 shake)	365	133	15	9	0	59	297	49	0	45	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Banana	421	133	15	9	0	59	309	63	0	58	10	561	7	377	0
Combo Milkshake (1 shake) with Flavor Choice Blueberry	448	133	15	9	0	59	298	70	0	65	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Caramel	456	144	16	10	0	63	374	68	0	58	10	618	3	405	0
Combo Milkshake (1 shake) with Flavor Choice Cherry	449	133	15	9	0	59	300	70	0	65	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Chocolate	456	158	18	12	0	59	365	64	1	59	11	561	3	419	1
Combo Milkshake (1 shake) with Flavor Choice Chocolate	456	158	18	12	0	59	365	64	1	59	11	561	3	419	1
Combo Milkshake (1 shake) with Flavor Choice Espresso	450	133	15	9	0	59	297	68	0	65	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Grape	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Hot Fudge	456	158	18	12	0	59	365	64	1	59	11	561	3	419	1
Combo Milkshake (1 shake) with Flavor Choice Lemon	445	133	15	9	0	59	297	68	0	64	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Mint	455	133	15	9	0	59	297	71	0	67	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Orange	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Peanut Butter	551	264	29	12	0	59	424	56	2	48	16	561	2	377	1
Combo Milkshake (1 shake) with Flavor Choice Pineapple	410	133	15	9	0	59	302	60	0	56	10	571	7	380	0
Combo Milkshake (1 shake) with Flavor Choice Root Beer	465	133	15	9	0	59	297	74	0	69	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Strawberry	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake (1 shake) with Flavor Choice Vanilla	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake (1 shake) with Malt	479	145	16	10	0	64	353	71	0	64	12	628	8	417	0
Diet Pepsi (12 fluid ounces)	0	0	0	0	0	0	27	0	0	0	0	0	0	0	0
Diet Pepsi (12 fluid ounces) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	30	21	0	20	0	0	0	0	0
Diet Pepsi (12 fluid ounces) with Phosphate Flavor Choice Chocolate	91	25	3	3	0	0	95	16	1	13	1	0	0	42	1

Diet Pepsi (12 fluid ounces) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Diet Pepsi (12 fluid ounces) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Diet Pepsi (12 fluid ounces) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Diet Pepsi (12 fluid ounces) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Dr Pepper (1 drink)	99	0	0	0	0	0	32	24	0	24	0	0	0	0	0
Dr Pepper (1 drink) with Phosphate Flavor Choice Cherry	183	0	0	0	0	0	34	45	0	44	0	0	0	0	0
Dr Pepper (1 drink) with Phosphate Flavor Choice Chocolate	190	25	3	3	0	0	99	40	1	38	1	0	0	42	1
Dr Pepper (1 drink) with Phosphate Flavor Choice Grape	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Dr Pepper (1 drink) with Phosphate Flavor Choice Orange	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Dr Pepper (1 drink) with Phosphate Flavor Choice Strawberry	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Dr Pepper (1 drink) with Phosphate Flavor Choice Vanilla	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Grape Milkshake (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Grape Milkshake (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
Grape Soda (1 drink)	128	0	0	0	0	0	35	32	0	31	0	2	4	2	0
Grilled Cheese Sandwich (1 serving)	80	54	6	4	0	25	410	3	0	2	5	300	0	150	0
Grilled Cheese Sandwich (1 serving) with Bread Choice Toasted Wheat Bread	501	190	21	11	0	55	1081	61	4	8	17	705	5	270	4
Grilled Cheese Sandwich (1 serving) with Bread Choice Toasted White Bread	391	199	22	12	0	55	841	36	1	4	12	705	0	247	2
Hamburg (1 serving)	318	112	12	5	0	53	355	34	1	8	18	202	0	54	3
Hot Dog (1 serving)	351	172	19	7	0	50	956	31	0	4	12	202	2	118	2
Hot Fudge Milkshake (1 shake)	493	171	19	13	0	65	395	69	1	63	12	617	3	457	1
Hot Fudge Milkshake (1 shake) with Malt	606	183	20	14	0	70	451	92	1	82	14	684	8	497	1
Iced Tea (1 drink)	0	0	0	0	0	0	63	0	0	0	0	0	0	0	0
Iced Tea (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	66	21	0	20	0	0	0	0	0
Iced Tea (1 drink) with Phosphate Flavor Choice Chocolate	91	25	3	3	0	0	131	16	1	13	1	0	0	42	1
Iced Tea (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Iced Tea (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Iced Tea (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Iced Tea (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Lemon Milkshake (1 shake)	482	146	16	10	0	65	327	73	0	69	11	617	2	414	0
Lemon Milkshake (1 shake) with Malt	595	158	18	11	0	70	383	95	0	88	13	684	8	454	0
Mint Milkshake (1 shake)	492	146	16	10	0	65	327	76	0	72	11	617	2	414	0
Mint Milkshake (1 shake) with Malt	605	158	18	11	0	70	383	98	0	91	13	684	8	454	0
Mocha Milkshake (1 shake)	541	158	18	12	0	59	365	84	1	78	11	561	3	419	1
Mocha Milkshake (1 shake) with Malt	654	170	19	13	0	64	421	106	1	97	13	628	8	459	1
Mountain Dew (1 drink)	99	0	0	0	0	0	45	28	0	28	0	0	0	0	0
Mountain Dew (1 drink) with Phosphate Flavor Choice Cherry	183	0	0	0	0	0	48	49	0	48	0	0	0	0	0
Mountain Dew (1 drink) with Phosphate Flavor Choice Chocolate	190	25	3	3	0	0	113	43	1	41	1	0	0	42	1
Mountain Dew (1 drink) with Phosphate Flavor Choice Grape	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mountain Dew (1 drink) with Phosphate Flavor Choice Orange	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mountain Dew (1 drink) with Phosphate Flavor Choice Strawberry	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mountain Dew (1 drink) with Phosphate Flavor Choice Vanilla	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mug Root Beer (1 drink)	90	0	0	0	0	0	41	26	0	25	0	0	0	0	0



Mug Root Beer (1 drink) with Phosphate Flavor Choice Cherry	174	0	0	0	0	0	43	47	0	45	0	0	0	0	0
Mug Root Beer (1 drink) with Phosphate Flavor Choice Chocolate	181	25	3	3	0	0	108	42	1	39	1	0	0	42	1
Mug Root Beer (1 drink) with Phosphate Flavor Choice Grape	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Mug Root Beer (1 drink) with Phosphate Flavor Choice Orange	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Mug Root Beer (1 drink) with Phosphate Flavor Choice Strawberry	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Mug Root Beer (1 drink) with Phosphate Flavor Choice Vanilla	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Orange Milkshake (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Orange Milkshake (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
Orange Soda (1 drink)	128	0	0	0	0	0	35	32	0	31	0	2	4	2	0
Peanut Butter Milkshake (1 shake)	588	277	31	13	0	65	453	61	2	53	17	617	2	414	1
Peanut Butter Milkshake (1 shake) with Malt	701	289	32	13	0	70	509	84	2	71	19	684	8	454	1
Pepsi (1 drink)	90	0	0	0	0	0	23	24	0	24	0	0	0	0	0
Pepsi (1 drink) with Phosphate Flavor Choice Cherry	174	0	0	0	0	0	25	45	0	44	0	0	0	0	0
Pepsi (1 drink) with Phosphate Flavor Choice Chocolate	181	25	3	3	0	0	90	40	1	38	1	0	0	42	1
Pepsi (1 drink) with Phosphate Flavor Choice Grape	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pepsi (1 drink) with Phosphate Flavor Choice Orange	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pepsi (1 drink) with Phosphate Flavor Choice Strawberry	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pepsi (1 drink) with Phosphate Flavor Choice Vanilla	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pineapple Milkshake (1 shake)	446	146	16	10	0	65	332	65	0	61	11	628	7	417	0
Pineapple Milkshake (1 shake) with Malt	559	158	18	11	0	70	388	87	0	79	13	694	13	457	0
Root Beer Milkshake (1 shake)	502	146	16	10	0	65	327	79	0	74	11	617	2	414	0
Root Beer Milkshake (1 shake) with Malt	615	158	18	11	0	70	383	101	0	93	13	684	8	454	0
Schweppes Ginger Ale (1 drink)	81	0	0	0	0	0	36	21	0	20	0	0	0	0	0
Schweppes Ginger Ale (1 drink) with Phosphate Flavor Choice Cherry	165	0	0	0	0	0	39	42	0	40	0	0	0	0	0
Schweppes Ginger Ale (1 drink) with Phosphate Flavor Choice Chocolate	172	25	3	3	0	0	104	36	1	33	1	0	0	42	1
Schweppes Ginger Ale (1 drink) with Phosphate Flavor Choice Grape	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Schweppes Ginger Ale (1 drink) with Phosphate Flavor Choice Orange	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Schweppes Ginger Ale (1 drink) with Phosphate Flavor Choice Strawberry	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Schweppes Ginger Ale (1 drink) with Phosphate Flavor Choice Vanilla	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Strawberry Milkshake (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Strawberry Milkshake (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
The 1/2 and 1/2 (1 drink)	48	0	0	0	0	0	78	12	0	12	0	0	0	0	0
The 1/2 and 1/2 (1 drink) with Phosphate Flavor Choice Cherry	132	0	0	0	0	0	81	33	0	32	0	0	0	0	0
The 1/2 and 1/2 (1 drink) with Phosphate Flavor Choice Chocolate	139	25	3	3	0	0	146	28	1	25	1	0	0	42	1
The 1/2 and 1/2 (1 drink) with Phosphate Flavor Choice Grape	132	0	0	0	0	0	81	33	0	33	0	0	0	0	0
The 1/2 and 1/2 (1 drink) with Phosphate Flavor Choice Orange	132	0	0	0	0	0	81	33	0	33	0	0	0	0	0
The 1/2 and 1/2 (1 drink) with Phosphate Flavor Choice Strawberry	132	0	0	0	0	0	81	33	0	33	0	0	0	0	0
The 1/2 and 1/2 (1 drink) with Phosphate Flavor Choice Vanilla	132	0	0	0	0	0	81	33	0	33	0	0	0	0	0
Tropicana Lemonade (1 drink)	96	0	0	0	0	0	93	24	0	24	0	0	0	0	0
Tropicana Lemonade (1 drink) with Phosphate Flavor Choice Cherry	180	0	0	0	0	0	96	45	0	44	0	0	0	0	0
Tropicana Lemonade (1 drink) with Phosphate Flavor Choice Chocolate	187	25	3	3	0	0	161	40	1	37	1	0	0	42	1
Tropicana Lemonade (1 drink) with Phosphate Flavor Choice Grape	180	0	0	0	0	0	96	45	0	45	0	0	0	0	0
Tropicana Lemonade (1 drink) with Phosphate Flavor Choice Orange	180	0	0	0	0	0	96	45	0	45	0	0	0	0	0
Tropicana Lemonade (1 drink) with Phosphate Flavor Choice Strawberry	180	0	0	0	0	0	96	45	0	45	0	0	0	0	0
Tropicana Lemonade (1 drink) with Phosphate Flavor Choice Vanilla	180	0	0	0	0	0	96	45	0	45	0	0	0	0	0

Vanilla Milkshake (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Vanilla Milkshake (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
<b>Classic Milkshakes</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Cherry Milkshake, Large (1 shake)	1312	384	43	27	0	170	870	204	0	191	28	1627	7	1093	0
Cherry Milkshake, Large (1 shake) with Malt	1425	396	44	28	0	175	926	227	0	210	31	1693	12	1133	0
Cherry Milkshake, Regular (1 shake)	656	192	21	14	0	85	435	102	0	96	14	813	3	546	0
Cherry Milkshake, Regular (1 shake) with Malt	769	204	23	14	0	90	491	125	0	114	17	880	9	586	0
Cherry Milkshake, Small (1 shake)	486	146	16	10	0	65	330	75	0	70	11	617	2	414	0
Cherry Milkshake, Small (1 shake) with Malt	599	158	18	11	0	70	386	97	0	89	13	684	8	454	0
Chocolate Milkshake, Large (1 shake)	1332	461	51	36	0	170	1067	188	2	171	31	1627	8	1220	2
Chocolate Milkshake, Large (1 shake) with Malt	1445	473	53	36	0	175	1123	211	2	190	34	1693	13	1260	2
Chocolate Milkshake, Regular (1 shake)	666	230	26	18	0	85	533	94	1	86	16	813	4	610	1
Chocolate Milkshake, Regular (1 shake) with Malt	779	242	27	18	0	90	589	117	1	104	18	880	9	650	1
Chocolate Milkshake, Small (1 shake)	493	171	19	13	0	65	395	69	1	63	12	617	3	457	1
Chocolate Milkshake, Small (1 shake) with Malt	606	183	20	14	0	70	451	92	1	82	14	684	8	497	1
Grape Milkshake, Large (1 shake)	1312	384	43	27	0	170	870	204	0	194	28	1627	7	1093	0
Grape Milkshake, Large (1 shake) with Malt	1425	396	44	28	0	175	926	227	0	213	31	1693	12	1133	0
Grape Milkshake, Regular (1 shake)	656	192	21	14	0	85	435	102	0	97	14	813	3	546	0
Grape Milkshake, Regular (1 shake) with Malt	769	204	23	14	0	90	491	125	0	116	17	880	9	586	0
Grape Milkshake, Small (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Grape Milkshake, Small (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
Lemon Milkshake, Large (1 shake)	1300	384	43	27	0	170	863	198	0	188	28	1627	7	1093	0
Lemon Milkshake, Large (1 shake) with Malt	1413	396	44	28	0	175	919	221	0	207	31	1693	12	1133	0
Lemon Milkshake, Regular (1 shake)	650	192	21	14	0	85	431	99	0	94	14	813	3	546	0
Lemon Milkshake, Regular (1 shake) with Malt	763	204	23	14	0	90	487	122	0	113	17	880	9	586	0
Lemon Milkshake, Small (1 shake)	482	146	16	10	0	65	327	73	0	69	11	617	2	414	0
Lemon Milkshake, Small (1 shake) with Malt	595	158	18	11	0	70	383	95	0	88	13	684	8	454	0
Orange Milkshake, Large (1 shake)	1312	384	43	27	0	170	870	204	0	194	28	1627	7	1093	0
Orange Milkshake, Large (1 shake) with Malt	1425	396	44	28	0	175	926	227	0	213	31	1693	12	1133	0
Orange Milkshake, Regular (1 shake)	656	192	21	14	0	85	435	102	0	97	14	813	3	546	0
Orange Milkshake, Regular (1 shake) with Malt	769	204	23	14	0	90	491	125	0	116	17	880	9	586	0
Orange Milkshake, Small (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Orange Milkshake, Small (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
Root Beer Milkshake, Large (1 shake)	1360	384	43	27	0	170	863	216	0	203	28	1627	7	1093	0
Root Beer Milkshake, Large (1 shake) with Malt	1473	396	44	28	0	175	919	239	0	222	31	1693	12	1133	0

Root Beer Milkshake, Regular (1 shake)	680	192	21	14	0	85	431	108	0	102	14	813	3	546	0
Root Beer Milkshake, Regular (1 shake) with Malt	793	204	23	14	0	90	487	131	0	120	17	880	9	586	0
Root Beer Milkshake, Small (1 shake)	502	146	16	10	0	65	327	79	0	74	11	617	2	414	0
Root Beer Milkshake, Small (1 shake) with Malt	615	158	18	11	0	70	383	101	0	93	13	684	8	454	0
Strawberry Milkshake, Large (1 shake)	1312	384	43	27	0	170	870	204	0	194	28	1627	7	1093	0
Strawberry Milkshake, Large (1 shake) with Malt	1425	396	44	28	0	175	926	227	0	213	31	1693	12	1133	0
Strawberry Milkshake, Regular (1 shake)	656	192	21	14	0	85	435	102	0	97	14	813	3	546	0
Strawberry Milkshake, Regular (1 shake) with Malt	769	204	23	14	0	90	491	125	0	116	17	880	9	586	0
Strawberry Milkshake, Small (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Strawberry Milkshake, Small (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
Vanilla Milkshake, Large (1 shake)	1312	384	43	27	0	170	870	204	0	194	28	1627	7	1093	0
Vanilla Milkshake, Large (1 shake) with Malt	1425	396	44	28	0	175	926	227	0	213	31	1693	12	1133	0
Vanilla Milkshake, Regular (1 shake)	656	192	21	14	0	85	435	102	0	97	14	813	3	546	0
Vanilla Milkshake, Regular (1 shake) with Malt	769	204	23	14	0	90	491	125	0	116	17	880	9	586	0
Vanilla Milkshake, Small (1 shake)	486	146	16	10	0	65	330	75	0	71	11	617	2	414	0
Vanilla Milkshake, Small (1 shake) with Malt	599	158	18	11	0	70	386	97	0	90	13	684	8	454	0
<b>Special Milkshakes</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Banana Milkshake, Large (1 shake)	1225	384	43	27	0	170	898	184	0	169	28	1627	21	1093	0
Banana Milkshake, Large (1 shake) with Malt	1338	396	44	28	0	175	954	206	0	188	31	1693	26	1133	0
Banana Milkshake, Regular (1 shake)	613	192	21	14	0	85	449	92	0	85	14	813	10	546	0
Banana Milkshake, Regular (1 shake) with Malt	726	204	23	14	0	90	505	115	0	103	17	880	16	586	0
Banana Milkshake, Small (1 shake)	457	146	16	10	0	65	339	68	0	62	11	617	7	414	0
Banana Milkshake, Small (1 shake) with Malt	570	158	18	11	0	70	395	90	0	81	13	684	13	454	0
Blueberry Milkshake, Large (1 shake)	1309	384	43	27	0	170	866	204	0	191	28	1627	7	1093	0
Blueberry Milkshake, Large (1 shake) with Malt	1422	396	44	28	0	175	922	227	0	210	31	1693	12	1133	0
Blueberry Milkshake, Regular (1 shake)	654	192	21	14	0	85	433	102	0	96	14	813	3	546	0
Blueberry Milkshake, Regular (1 shake) with Malt	768	204	23	14	0	90	489	125	0	114	17	880	9	586	0
Blueberry Milkshake, Small (1 shake)	485	146	16	10	0	65	328	75	0	70	11	617	2	414	0
Blueberry Milkshake, Small (1 shake) with Malt	598	158	18	11	0	70	384	97	0	89	13	684	8	454	0
Caramel Milkshake, Large (1 shake)	1332	419	47	30	0	183	1092	199	0	169	30	1797	8	1178	0
Caramel Milkshake, Large (1 shake) with Malt	1445	431	48	30	0	188	1148	222	0	188	33	1863	13	1218	0
Caramel Milkshake, Regular (1 shake)	666	209	23	15	0	91	546	100	0	84	15	898	4	589	0
Caramel Milkshake, Regular (1 shake) with Malt	779	221	25	15	0	97	602	122	0	103	18	965	9	629	0
Caramel Milkshake, Small (1 shake)	493	157	17	11	0	69	404	73	0	62	11	674	3	443	0
Caramel Milkshake, Small (1 shake) with Malt	606	169	19	12	0	74	460	96	0	81	14	740	8	483	0
Coffee Milkshake, Large (1 shake)	1314	384	43	27	0	170	863	200	0	190	28	1627	7	1093	0

Coffee Milkshake, Large (1 shake) with Malt	1427	396	44	28	0	175	919	222	0	208	31	1693	12	1133	0
Coffee Milkshake, Regular (1 shake)	657	192	21	14	0	85	431	100	0	95	14	813	3	546	0
Coffee Milkshake, Regular (1 shake) with Malt	770	204	23	14	0	90	487	122	0	113	17	880	9	586	0
Coffee Milkshake, Small (1 shake)	487	146	16	10	0	65	327	73	0	69	11	617	2	414	0
Coffee Milkshake, Small (1 shake) with Malt	600	158	18	11	0	70	383	96	0	88	13	684	8	454	0
Combo Milkshake, Large (1 shake)	950	345	38	24	0	152	773	127	0	118	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Banana	1116	345	38	24	0	152	809	169	0	156	25	1458	20	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Blueberry	1199	345	38	24	0	152	776	190	0	178	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Caramel	1222	379	42	27	0	165	1003	184	0	155	28	1628	7	1065	0
Combo Milkshake, Large (1 shake) with Flavor Choice Cherry	1202	345	38	24	0	152	781	190	0	178	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Chocolate	1222	421	47	33	0	152	977	173	2	158	28	1458	7	1107	2
Combo Milkshake, Large (1 shake) with Flavor Choice Chocolate	1222	421	47	33	0	152	977	173	2	158	28	1458	7	1107	2
Combo Milkshake, Large (1 shake) with Flavor Choice Egg Nog	1160	345	38	24	0	152	773	181	0	172	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Espresso	1204	345	38	24	0	152	773	185	0	176	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Grape	1202	345	38	24	0	152	781	190	0	181	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Hot Fudge	1222	421	47	33	0	152	977	173	2	158	28	1458	7	1107	2
Combo Milkshake, Large (1 shake) with Flavor Choice Lemon	1190	345	38	24	0	152	773	184	0	175	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Mint	1220	345	38	24	0	152	773	193	0	184	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Orange	1202	345	38	24	0	152	781	190	0	181	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Peanut Butter	1508	739	82	31	0	152	1152	149	6	126	43	1458	6	980	2
Combo Milkshake, Large (1 shake) with Flavor Choice Pineapple	1083	345	38	24	0	152	788	160	1	150	25	1490	20	988	0
Combo Milkshake, Large (1 shake) with Flavor Choice Root Beer	1250	345	38	24	0	152	773	202	0	190	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Strawberry	1202	345	38	24	0	152	781	190	0	181	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Flavor Choice Vanilla	1202	345	38	24	0	152	781	190	0	181	25	1458	6	980	0
Combo Milkshake, Large (1 shake) with Malt	1063	357	40	25	0	158	829	149	0	137	28	1525	11	1020	0
Combo Milkshake, Regular (1 shake)	439	159	18	11	0	70	357	58	0	54	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Banana	521	159	18	11	0	70	375	80	0	73	12	673	10	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Blueberry	563	159	18	11	0	70	358	90	0	84	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Caramel	575	176	20	12	0	77	472	87	0	73	13	758	3	495	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Caramel Apple	574	159	18	11	0	70	379	93	0	89	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Cherry	565	159	18	11	0	70	361	90	0	84	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Chocolate	575	197	22	15	0	70	459	82	1	74	13	673	3	516	1
Combo Milkshake, Regular (1 shake) with Flavor Choice Chocolate	575	197	22	15	0	70	459	82	1	74	13	673	3	516	1
Combo Milkshake, Regular (1 shake) with Flavor Choice Espresso	565	159	18	11	0	70	357	88	0	83	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Grape	565	159	18	11	0	70	361	90	0	86	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Hot Fudge	575	197	22	15	0	70	459	82	1	74	13	673	3	516	1
Combo Milkshake, Regular (1 shake) with Flavor Choice Lemon	559	159	18	11	0	70	357	87	0	83	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Mint	574	159	18	11	0	70	357	91	0	87	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Orange	565	159	18	11	0	70	361	90	0	86	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Peanut Butter	717	356	40	15	0	70	546	69	3	58	21	673	3	452	1
Combo Milkshake, Regular (1 shake) with Flavor Choice Pineapple	505	159	18	11	0	70	364	75	0	71	12	689	10	456	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Root Beer	589	159	18	11	0	70	357	96	0	90	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Strawberry	565	159	18	11	0	70	361	90	0	86	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Flavor Choice Vanilla	565	159	18	11	0	70	361	90	0	86	12	673	3	452	0
Combo Milkshake, Regular (1 shake) with Malt	552	171	19	12	0	76	413	81	0	73	14	740	8	492	0
Combo Milkshake, Small (1 shake)	365	133	15	9	0	59	297	49	0	45	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Banana	421	133	15	9	0	59	309	63	0	58	10	561	7	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Blueberry	448	133	15	9	0	59	298	70	0	65	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Caramel	456	144	16	10	0	63	374	68	0	58	10	618	3	405	0
Combo Milkshake, Small (1 shake) with Flavor Choice Caramel Apple	455	133	15	9	0	59	312	72	0	68	10	561	2	377	0

Combo Milkshake, Small (1 shake) with Flavor Choice Cherry	449	133	15	9	0	59	300	70	0	65	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Chocolate	456	158	18	12	0	59	365	64	1	59	11	561	3	419	1
Combo Milkshake, Small (1 shake) with Flavor Choice Chocolate	456	158	18	12	0	59	365	64	1	59	11	561	3	419	1
Combo Milkshake, Small (1 shake) with Flavor Choice Espresso	450	133	15	9	0	59	297	68	0	65	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Grape	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Hot Fudge	456	158	18	12	0	59	365	64	1	59	11	561	3	419	1
Combo Milkshake, Small (1 shake) with Flavor Choice Lemon	445	133	15	9	0	59	297	68	0	64	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Mint	455	133	15	9	0	59	297	71	0	67	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Orange	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Peanut Butter	551	264	29	12	0	59	424	56	2	48	16	561	2	377	1
Combo Milkshake, Small (1 shake) with Flavor Choice Pineapple	410	133	15	9	0	59	302	60	0	56	10	571	7	380	0
Combo Milkshake, Small (1 shake) with Flavor Choice Root Beer	465	133	15	9	0	59	297	74	0	69	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Strawberry	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Flavor Choice Vanilla	449	133	15	9	0	59	300	70	0	66	10	561	2	377	0
Combo Milkshake, Small (1 shake) with Malt	479	145	16	10	0	64	353	71	0	64	12	628	8	417	0
Hot Fudge Milkshake, Large (1 shake)	1332	461	51	36	0	170	1067	188	2	171	31	1627	8	1220	2
Hot Fudge Milkshake, Large (1 shake) with Malt	1445	473	53	36	0	175	1123	211	2	190	34	1693	13	1260	2
Hot Fudge Milkshake, Regular (1 shake)	666	230	26	18	0	85	533	94	1	86	16	813	4	610	1
Hot Fudge Milkshake, Regular (1 shake) with Malt	779	242	27	18	0	90	589	117	1	104	18	880	9	650	1
Hot Fudge Milkshake, Small (1 shake)	493	171	19	13	0	65	395	69	1	63	12	617	3	457	1
Hot Fudge Milkshake, Small (1 shake) with Malt	606	183	20	14	0	70	451	92	1	82	14	684	8	497	1
Mint Milkshake, Large (1 shake)	1330	384	43	27	0	170	863	207	0	197	28	1627	7	1093	0
Mint Milkshake, Large (1 shake) with Malt	1443	396	44	28	0	175	919	230	0	216	31	1693	12	1133	0
Mint Milkshake, Regular (1 shake)	665	192	21	14	0	85	431	104	0	99	14	813	3	546	0
Mint Milkshake, Regular (1 shake) with Malt	778	204	23	14	0	90	487	126	0	117	17	880	9	586	0
Mint Milkshake, Small (1 shake)	492	146	16	10	0	65	327	76	0	72	11	617	2	414	0
Mint Milkshake, Small (1 shake) with Malt	605	158	18	11	0	70	383	98	0	91	13	684	8	454	0
Mocha Milkshake, Large (1 shake)	1476	421	47	33	0	152	977	232	2	216	28	1458	7	1107	2
Mocha Milkshake, Large (1 shake) with Malt	1589	433	48	33	0	158	1033	254	2	235	31	1525	13	1147	2
Mocha Milkshake, Regular (1 shake)	701	197	22	15	0	70	459	111	1	103	13	673	3	516	1
Mocha Milkshake, Regular (1 shake) with Malt	815	209	23	16	0	76	515	134	1	122	16	740	9	556	1
Mocha Milkshake, Small (1 shake)	541	158	18	12	0	59	365	84	1	78	11	561	3	419	1
Mocha Milkshake, Small (1 shake) with Malt	654	170	19	13	0	64	421	106	1	97	13	628	8	459	1
Peanut Butter Milkshake, Large (1 shake)	1617	779	87	34	0	170	1241	163	6	139	46	1627	7	1093	2
Peanut Butter Milkshake, Large (1 shake) with Malt	1731	791	88	34	0	175	1297	186	6	158	49	1693	12	1133	2
Peanut Butter Milkshake, Regular (1 shake)	809	389	43	17	0	85	620	82	3	70	23	813	3	546	1
Peanut Butter Milkshake, Regular (1 shake) with Malt	922	401	45	17	0	90	676	104	3	88	26	880	9	586	1
Peanut Butter Milkshake, Small (1 shake)	588	277	31	13	0	65	453	61	2	53	17	617	2	414	1
Peanut Butter Milkshake, Small (1 shake) with Malt	701	289	32	13	0	70	509	84	2	71	19	684	8	454	1
Pineapple Milkshake, Large (1 shake)	1192	385	43	27	0	170	877	175	1	164	28	1658	21	1101	0
Pineapple Milkshake, Large (1 shake) with Malt	1306	397	44	28	0	175	933	197	1	182	31	1725	27	1141	0

Pineapple Milkshake, Regular (1 shake)	596	193	21	14	0	85	439	87	0	82	14	829	11	551	0
Pineapple Milkshake, Regular (1 shake) with Malt	709	205	23	14	0	90	495	110	0	101	17	896	16	591	0
Pineapple Milkshake, Small (1 shake)	446	146	16	10	0	65	332	65	0	61	11	628	7	417	0
Pineapple Milkshake, Small (1 shake) with Malt	559	158	18	11	0	70	388	87	0	79	13	694	13	457	0
<b>Seasonal Milkshakes</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Caramel Apple Milkshake, Large (1 shake)	1330	384	43	27	0	170	908	210	0	200	28	1627	7	1093	0
Caramel Apple Milkshake, Large (1 shake) with Malt	1443	396	44	28	0	175	964	233	0	219	31	1693	12	1133	0
Caramel Apple Milkshake, Regular (1 shake)	665	192	21	14	0	85	454	105	0	100	14	813	3	546	0
Caramel Apple Milkshake, Regular (1 shake) with Malt	778	204	23	14	0	90	510	128	0	119	17	880	9	586	0
Caramel Apple Milkshake, Small (1 shake)	492	146	16	10	0	65	342	77	0	73	11	617	2	414	0
Caramel Apple Milkshake, Small (1 shake) with Malt	605	158	18	11	0	70	398	99	0	92	13	684	8	454	0
Chocolate Hazelnut Milkshake, Large (1 shake)	1519	612	68	35	0	170	863	190	14	166	35	1627	7	1093	2
Chocolate Hazelnut Milkshake, Large (1 shake) with Malt	1633	624	69	36	0	175	919	212	14	185	37	1693	12	1133	2
Chocolate Hazelnut Milkshake, Regular (1 shake)	760	306	34	18	0	85	431	95	7	83	17	813	3	546	1
Chocolate Hazelnut Milkshake, Regular (1 shake) with Malt	873	318	35	18	0	90	487	117	7	102	20	880	9	586	1
Chocolate Hazelnut Milkshake, Small (1 shake)	555	222	25	13	0	65	327	70	5	61	13	617	2	414	1
Chocolate Hazelnut Milkshake, Small (1 shake) with Malt	669	234	26	13	0	70	383	92	5	80	16	684	8	454	1
Egg Nog Milkshake, Large (1 shake)	1270	384	43	27	0	170	863	195	0	185	28	1627	7	1093	0
Egg Nog Milkshake, Large (1 shake) with Malt	1383	396	44	28	0	175	919	218	0	204	31	1693	12	1133	0
Egg Nog Milkshake, Regular (1 shake)	635	192	21	14	0	85	431	98	0	93	14	813	3	546	0
Egg Nog Milkshake, Regular (1 shake) with Malt	748	204	23	14	0	90	487	120	0	111	17	880	9	586	0
Egg Nog Milkshake, Small (1 shake)	472	146	16	10	0	65	327	72	0	68	11	617	2	414	0
Egg Nog Milkshake, Small (1 shake) with Malt	585	158	18	11	0	70	383	94	0	87	13	684	8	454	0
Key Lime Milkshake, Large (1 shake)	1330	384	43	27	0	170	863	210	0	200	28	1627	7	1093	0
Key Lime Milkshake, Large (1 shake) with Malt	1443	396	44	28	0	175	919	233	0	219	31	1693	12	1133	0
Key Lime Milkshake, Regular (1 shake)	665	192	21	14	0	85	431	105	0	100	14	813	3	546	0
Key Lime Milkshake, Regular (1 shake) with Malt	778	204	23	14	0	90	487	128	0	119	17	880	9	586	0
Key Lime Milkshake, Small (1 shake)	492	146	16	10	0	65	327	77	0	73	11	617	2	414	0
Key Lime Milkshake, Small (1 shake) with Malt	605	158	18	11	0	70	383	99	0	92	13	684	8	454	0
Pumpkin Milkshake, Large (1 shake)	1148	389	43	27	0	170	980	161	3	148	29	6025	7	1112	1
Pumpkin Milkshake, Large (1 shake) with Malt	1261	401	45	28	0	175	1036	184	3	167	32	6092	12	1152	1
Pumpkin Milkshake, Regular (1 shake)	574	194	22	14	0	85	490	80	1	74	14	3013	3	556	0
Pumpkin Milkshake, Regular (1 shake) with Malt	687	206	23	14	0	90	546	103	1	93	17	3079	9	596	1
Pumpkin Milkshake, Small (1 shake)	431	147	16	10	0	65	366	60	1	55	11	2083	2	421	0
Pumpkin Milkshake, Small (1 shake) with Malt	545	159	18	11	0	70	422	83	1	74	14	2150	8	461	0

Soft Drinks	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cherry Soda, Large (1 drink)	350	0	0	0	0	0	92	88	0	84	0	2	4	2	0
Cherry Soda, Regular (1 drink)	177	0	0	0	0	0	46	45	0	42	0	2	4	2	0
Cherry Soda, Small (1 drink)	128	0	0	0	0	0	35	32	0	30	0	2	4	2	0
Chocolate Milk (1 serving)	270	34	4	2	0	15	203	47	0	45	12	750	0	375	1
Coffee, Large (1 serving)	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0
Coffee, Large (1 serving) with Creamer	15	9	1	1	0	5	20	1	0	0	0	0	0	30	0
Coffee, Large (1 serving) with Sugar Packets	23	0	0	0	0	0	10	6	0	6	0	0	0	10	0
Coffee, Regular (1 serving)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Coffee, Regular (1 serving) with Creamer	15	9	1	1	0	5	18	1	0	0	0	0	0	28	0
Coffee, Regular (1 serving) with Sugar Packet	11	0	0	0	0	0	8	3	0	3	0	0	0	8	0
Diet Pepsi, Large (1 drink)	0	0	0	0	0	0	72	0	0	0	0	0	0	0	0
Diet Pepsi, Large (1 drink) with Phosphate Flavor Choice Cherry	252	0	0	0	0	0	80	63	0	60	0	0	0	0	0
Diet Pepsi, Large (1 drink) with Phosphate Flavor Choice Chocolate	272	76	8	8	0	0	276	47	2	40	3	0	1	127	2
Diet Pepsi, Large (1 drink) with Phosphate Flavor Choice Grape	252	0	0	0	0	0	80	63	0	63	0	0	0	0	0
Diet Pepsi, Large (1 drink) with Phosphate Flavor Choice Orange	252	0	0	0	0	0	80	63	0	63	0	0	0	0	0
Diet Pepsi, Large (1 drink) with Phosphate Flavor Choice Strawberry	252	0	0	0	0	0	80	63	0	63	0	0	0	0	0
Diet Pepsi, Large (1 drink) with Phosphate Flavor Choice Vanilla	252	0	0	0	0	0	80	63	0	63	0	0	0	0	0
Diet Pepsi, Regular (1 drink)	0	0	0	0	0	0	36	0	0	0	0	0	0	0	0
Diet Pepsi, Regular (1 drink) with Phosphate Flavor Choice Cherry	126	0	0	0	0	0	40	32	0	30	0	0	0	0	0
Diet Pepsi, Regular (1 drink) with Phosphate Flavor Choice Chocolate	136	38	4	4	0	0	138	23	1	20	2	0	1	64	1
Diet Pepsi, Regular (1 drink) with Phosphate Flavor Choice Grape	126	0	0	0	0	0	40	32	0	32	0	0	0	0	0
Diet Pepsi, Regular (1 drink) with Phosphate Flavor Choice Orange	126	0	0	0	0	0	40	32	0	32	0	0	0	0	0
Diet Pepsi, Regular (1 drink) with Phosphate Flavor Choice Strawberry	126	0	0	0	0	0	40	32	0	32	0	0	0	0	0
Diet Pepsi, Regular (1 drink) with Phosphate Flavor Choice Vanilla	126	0	0	0	0	0	40	32	0	32	0	0	0	0	0
Diet Pepsi, Small (1 drink)	0	0	0	0	0	0	27	0	0	0	0	0	0	0	0
Diet Pepsi, Small (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	30	21	0	20	0	0	0	0	0
Diet Pepsi, Small (1 drink) with Phosphate Flavor Choice Chocolate	91	25	3	3	0	0	95	16	1	13	1	0	0	42	1
Diet Pepsi, Small (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Diet Pepsi, Small (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Diet Pepsi, Small (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Diet Pepsi, Small (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	30	21	0	21	0	0	0	0	0
Dr Pepper, Large (1 drink)	264	0	0	0	0	0	84	65	0	65	0	0	0	0	0
Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Cherry	516	0	0	0	0	0	92	128	0	125	0	0	0	0	0
Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Chocolate	536	76	8	8	0	0	288	112	2	105	3	0	1	127	2
Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Grape	516	0	0	0	0	0	92	128	0	128	0	0	0	0	0
Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Orange	516	0	0	0	0	0	92	128	0	128	0	0	0	0	0
Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Strawberry	516	0	0	0	0	0	92	128	0	128	0	0	0	0	0
Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Vanilla	516	0	0	0	0	0	92	128	0	128	0	0	0	0	0
Dr Pepper, Regular (1 drink)	132	0	0	0	0	0	42	32	0	32	0	0	0	0	0
Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Cherry	258	0	0	0	0	0	46	64	0	62	0	0	0	0	0
Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Chocolate	268	38	4	4	0	0	144	56	1	52	2	0	1	64	1
Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Grape	258	0	0	0	0	0	46	64	0	64	0	0	0	0	0

Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Orange	258	0	0	0	0	0	46	64	0	64	0	0	0	0	0
Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Strawberry	258	0	0	0	0	0	46	64	0	64	0	0	0	0	0
Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Vanilla	258	0	0	0	0	0	46	64	0	64	0	0	0	0	0
Dr Pepper, Small (1 drink)	99	0	0	0	0	0	32	24	0	24	0	0	0	0	0
Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Cherry	183	0	0	0	0	0	34	45	0	44	0	0	0	0	0
Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Chocolate	190	25	3	3	0	0	99	40	1	38	1	0	0	42	1
Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Grape	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Orange	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Strawberry	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Vanilla	183	0	0	0	0	0	34	45	0	45	0	0	0	0	0
Grape Soda, Large (1 drink)	350	0	0	0	0	0	92	88	0	86	0	2	4	2	0
Grape Soda, Regular (1 drink)	177	0	0	0	0	0	46	45	0	43	0	2	4	2	0
Grape Soda, Small (1 drink)	128	0	0	0	0	0	35	32	0	31	0	2	4	2	0
Iced Tea, Large (1 drink)	0	0	0	0	0	0	168	0	0	0	0	0	0	0	0
Iced Tea, Large (1 drink) with Phosphate Flavor Choice Cherry	252	0	0	0	0	0	176	63	0	60	0	0	0	0	0
Iced Tea, Large (1 drink) with Phosphate Flavor Choice Chocolate	272	76	8	8	0	0	372	47	2	40	3	0	1	127	2
Iced Tea, Large (1 drink) with Phosphate Flavor Choice Grape	252	0	0	0	0	0	176	63	0	63	0	0	0	0	0
Iced Tea, Large (1 drink) with Phosphate Flavor Choice Orange	252	0	0	0	0	0	176	63	0	63	0	0	0	0	0
Iced Tea, Large (1 drink) with Phosphate Flavor Choice Strawberry	252	0	0	0	0	0	176	63	0	63	0	0	0	0	0
Iced Tea, Large (1 drink) with Phosphate Flavor Choice Vanilla	252	0	0	0	0	0	176	63	0	63	0	0	0	0	0
Iced Tea, Regular (1 drink)	0	0	0	0	0	0	84	0	0	0	0	0	0	0	0
Iced Tea, Regular (1 drink) with Phosphate Flavor Choice Cherry	126	0	0	0	0	0	88	32	0	30	0	0	0	0	0
Iced Tea, Regular (1 drink) with Phosphate Flavor Choice Chocolate	136	38	4	4	0	0	186	23	1	20	2	0	1	64	1
Iced Tea, Regular (1 drink) with Phosphate Flavor Choice Grape	126	0	0	0	0	0	88	32	0	32	0	0	0	0	0
Iced Tea, Regular (1 drink) with Phosphate Flavor Choice Orange	126	0	0	0	0	0	88	32	0	32	0	0	0	0	0
Iced Tea, Regular (1 drink) with Phosphate Flavor Choice Strawberry	126	0	0	0	0	0	88	32	0	32	0	0	0	0	0
Iced Tea, Regular (1 drink) with Phosphate Flavor Choice Vanilla	126	0	0	0	0	0	88	32	0	32	0	0	0	0	0
Iced Tea, Small (1 drink)	0	0	0	0	0	0	63	0	0	0	0	0	0	0	0
Iced Tea, Small (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	66	21	0	20	0	0	0	0	0
Iced Tea, Small (1 drink) with Phosphate Flavor Choice Chocolate	91	25	3	3	0	0	131	16	1	13	1	0	0	42	1
Iced Tea, Small (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Iced Tea, Small (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Iced Tea, Small (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Iced Tea, Small (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	66	21	0	21	0	0	0	0	0
Milk (1 drink)	195	68	8	5	0	30	195	18	0	18	12	750	0	525	1
Mint Whip (1 serving)	493	108	12	8	0	43	154	95	0	93	3	515	0	137	0
Mountain Dew, Large (1 drink)	264	0	0	0	0	0	120	74	0	74	0	0	0	0	0
Mountain Dew, Large (1 drink) with Phosphate Flavor Choice Cherry	516	0	0	0	0	0	128	137	0	134	0	0	0	0	0
Mountain Dew, Large (1 drink) with Phosphate Flavor Choice Chocolate	536	76	8	8	0	0	324	121	2	114	3	0	1	127	2
Mountain Dew, Large (1 drink) with Phosphate Flavor Choice Grape	516	0	0	0	0	0	128	137	0	137	0	0	0	0	0
Mountain Dew, Large (1 drink) with Phosphate Flavor Choice Orange	516	0	0	0	0	0	128	137	0	137	0	0	0	0	0
Mountain Dew, Large (1 drink) with Phosphate Flavor Choice Strawberry	516	0	0	0	0	0	128	137	0	137	0	0	0	0	0
Mountain Dew, Large (1 drink) with Phosphate Flavor Choice Vanilla	516	0	0	0	0	0	128	137	0	137	0	0	0	0	0
Mountain Dew, Regular (1 drink)	132	0	0	0	0	0	60	37	0	37	0	0	0	0	0



Mountain Dew, Regular (1 drink) with Phosphate Flavor Choice Cherry	258	0	0	0	0	0	64	69	0	67	0	0	0	0	0
Mountain Dew, Regular (1 drink) with Phosphate Flavor Choice Chocolate	268	38	4	4	0	0	162	61	1	57	2	0	1	64	1
Mountain Dew, Regular (1 drink) with Phosphate Flavor Choice Grape	258	0	0	0	0	0	64	69	0	69	0	0	0	0	0
Mountain Dew, Regular (1 drink) with Phosphate Flavor Choice Orange	258	0	0	0	0	0	64	69	0	69	0	0	0	0	0
Mountain Dew, Regular (1 drink) with Phosphate Flavor Choice Strawberry	258	0	0	0	0	0	64	69	0	69	0	0	0	0	0
Mountain Dew, Regular (1 drink) with Phosphate Flavor Choice Vanilla	258	0	0	0	0	0	64	69	0	69	0	0	0	0	0
Mountain Dew, Small (1 drink)	99	0	0	0	0	0	45	28	0	28	0	0	0	0	0
Mountain Dew, Small (1 drink) with Phosphate Flavor Choice Cherry	183	0	0	0	0	0	48	49	0	48	0	0	0	0	0
Mountain Dew, Small (1 drink) with Phosphate Flavor Choice Chocolate	190	25	3	3	0	0	113	43	1	41	1	0	0	42	1
Mountain Dew, Small (1 drink) with Phosphate Flavor Choice Grape	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mountain Dew, Small (1 drink) with Phosphate Flavor Choice Orange	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mountain Dew, Small (1 drink) with Phosphate Flavor Choice Strawberry	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mountain Dew, Small (1 drink) with Phosphate Flavor Choice Vanilla	183	0	0	0	0	0	48	49	0	49	0	0	0	0	0
Mug Root Beer, Large (1 drink)	240	0	0	0	0	0	108	70	0	67	0	0	0	0	0
Mug Root Beer, Large (1 drink) with Phosphate Flavor Choice Cherry	492	0	0	0	0	0	116	133	0	127	0	0	0	0	0
Mug Root Beer, Large (1 drink) with Phosphate Flavor Choice Chocolate	512	76	8	8	0	0	312	116	2	107	3	0	1	127	2
Mug Root Beer, Large (1 drink) with Phosphate Flavor Choice Grape	492	0	0	0	0	0	116	133	0	130	0	0	0	0	0
Mug Root Beer, Large (1 drink) with Phosphate Flavor Choice Orange	492	0	0	0	0	0	116	133	0	130	0	0	0	0	0
Mug Root Beer, Large (1 drink) with Phosphate Flavor Choice Strawberry	492	0	0	0	0	0	116	133	0	130	0	0	0	0	0
Mug Root Beer, Large (1 drink) with Phosphate Flavor Choice Vanilla	492	0	0	0	0	0	116	133	0	130	0	0	0	0	0
Mug Root Beer, Regular (1 drink)	120	0	0	0	0	0	54	35	0	34	0	0	0	0	0
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Cherry	246	0	0	0	0	0	58	66	0	64	0	0	0	0	0
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Chocolate	256	38	4	4	0	0	156	58	1	54	2	0	1	64	1
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Grape	246	0	0	0	0	0	58	66	0	65	0	0	0	0	0
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Orange	246	0	0	0	0	0	58	66	0	65	0	0	0	0	0
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Strawberry	246	0	0	0	0	0	58	66	0	65	0	0	0	0	0
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Vanilla	246	0	0	0	0	0	58	66	0	65	0	0	0	0	0
Mug Root Beer, Small (1 drink)	90	0	0	0	0	0	41	26	0	25	0	0	0	0	0
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Cherry	174	0	0	0	0	0	43	47	0	45	0	0	0	0	0
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Chocolate	181	25	3	3	0	0	108	42	1	39	1	0	0	42	1
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Grape	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Orange	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Strawberry	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Vanilla	174	0	0	0	0	0	43	47	0	46	0	0	0	0	0
Orange Soda, Large (1 drink)	350	0	0	0	0	0	92	88	0	86	0	2	4	2	0
Orange Soda, Regular (1 drink)	177	0	0	0	0	0	46	45	0	43	0	2	4	2	0
Orange Soda, Small (1 drink)	128	0	0	0	0	0	35	32	0	31	0	2	4	2	0
Pepsi, Large (1 drink)	240	0	0	0	0	0	60	65	0	65	0	0	0	0	0
Pepsi, Large (1 drink) with Phosphate Flavor Choice Cherry	492	0	0	0	0	0	68	128	0	125	0	0	0	0	0
Pepsi, Large (1 drink) with Phosphate Flavor Choice Chocolate	512	76	8	8	0	0	264	112	2	105	3	0	1	127	2
Pepsi, Large (1 drink) with Phosphate Flavor Choice Grape	492	0	0	0	0	0	68	128	0	128	0	0	0	0	0
Pepsi, Large (1 drink) with Phosphate Flavor Choice Orange	492	0	0	0	0	0	68	128	0	128	0	0	0	0	0
Pepsi, Large (1 drink) with Phosphate Flavor Choice Strawberry	492	0	0	0	0	0	68	128	0	128	0	0	0	0	0
Pepsi, Large (1 drink) with Phosphate Flavor Choice Vanilla	492	0	0	0	0	0	68	128	0	128	0	0	0	0	0
Pepsi, Regular (1 drink)	120	0	0	0	0	0	30	32	0	32	0	0	0	0	0
Pepsi, Regular (1 drink) with Phosphate Flavor Choice Cherry	246	0	0	0	0	0	34	64	0	62	0	0	0	0	0

Pepsi, Regular (1 drink) with Phosphate Flavor Choice Chocolate	256	38	4	4	0	0	132	56	1	52	2	0	1	64	1
Pepsi, Regular (1 drink) with Phosphate Flavor Choice Grape	246	0	0	0	0	0	34	64	0	64	0	0	0	0	0
Pepsi, Regular (1 drink) with Phosphate Flavor Choice Orange	246	0	0	0	0	0	34	64	0	64	0	0	0	0	0
Pepsi, Regular (1 drink) with Phosphate Flavor Choice Strawberry	246	0	0	0	0	0	34	64	0	64	0	0	0	0	0
Pepsi, Regular (1 drink) with Phosphate Flavor Choice Vanilla	246	0	0	0	0	0	34	64	0	64	0	0	0	0	0
Pepsi, Small (1 drink)	90	0	0	0	0	0	23	24	0	24	0	0	0	0	0
Pepsi, Small (1 drink) with Phosphate Flavor Choice Cherry	174	0	0	0	0	0	25	45	0	44	0	0	0	0	0
Pepsi, Small (1 drink) with Phosphate Flavor Choice Chocolate	181	25	3	3	0	0	90	40	1	38	1	0	0	42	1
Pepsi, Small (1 drink) with Phosphate Flavor Choice Grape	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pepsi, Small (1 drink) with Phosphate Flavor Choice Orange	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pepsi, Small (1 drink) with Phosphate Flavor Choice Strawberry	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Pepsi, Small (1 drink) with Phosphate Flavor Choice Vanilla	174	0	0	0	0	0	25	45	0	45	0	0	0	0	0
Root Beer Float (1 serving)	373	108	12	8	0	43	162	71	0	69	3	515	0	137	0
Schweppes Ginger Ale, Large (1 drink)	216	0	0	0	0	0	96	55	0	53	0	0	0	0	0
Schweppes Ginger Ale, Large (1 drink) with Phosphate Flavor Choice Cherry	468	0	0	0	0	0	104	118	0	113	0	0	0	0	0
Schweppes Ginger Ale, Large (1 drink) with Phosphate Flavor Choice Chocolate	488	76	8	8	0	0	300	102	2	93	3	0	1	127	2
Schweppes Ginger Ale, Large (1 drink) with Phosphate Flavor Choice Grape	468	0	0	0	0	0	104	118	0	116	0	0	0	0	0
Schweppes Ginger Ale, Large (1 drink) with Phosphate Flavor Choice Orange	468	0	0	0	0	0	104	118	0	116	0	0	0	0	0
Schweppes Ginger Ale, Large (1 drink) with Phosphate Flavor Choice Strawberry	468	0	0	0	0	0	104	118	0	116	0	0	0	0	0
Schweppes Ginger Ale, Large (1 drink) with Phosphate Flavor Choice Vanilla	468	0	0	0	0	0	104	118	0	116	0	0	0	0	0
Schweppes Ginger Ale, Regular (1 drink)	108	0	0	0	0	0	48	28	0	26	0	0	0	0	0
Schweppes Ginger Ale, Regular (1 drink) with Phosphate Flavor Choice Cherry	234	0	0	0	0	0	52	59	0	56	0	0	0	0	0
Schweppes Ginger Ale, Regular (1 drink) with Phosphate Flavor Choice Chocolate	244	38	4	4	0	0	150	51	1	46	2	0	1	64	1
Schweppes Ginger Ale, Regular (1 drink) with Phosphate Flavor Choice Grape	234	0	0	0	0	0	52	59	0	58	0	0	0	0	0
Schweppes Ginger Ale, Regular (1 drink) with Phosphate Flavor Choice Orange	234	0	0	0	0	0	52	59	0	58	0	0	0	0	0
Schweppes Ginger Ale, Regular (1 drink) with Phosphate Flavor Choice Strawberry	234	0	0	0	0	0	52	59	0	58	0	0	0	0	0
Schweppes Ginger Ale, Regular (1 drink) with Phosphate Flavor Choice Vanilla	234	0	0	0	0	0	52	59	0	58	0	0	0	0	0
Schweppes Ginger Ale, Small (1 drink)	81	0	0	0	0	0	36	21	0	20	0	0	0	0	0
Schweppes Ginger Ale, Small (1 drink) with Phosphate Flavor Choice Cherry	165	0	0	0	0	0	39	42	0	40	0	0	0	0	0
Schweppes Ginger Ale, Small (1 drink) with Phosphate Flavor Choice Chocolate	172	25	3	3	0	0	104	36	1	33	1	0	0	42	1
Schweppes Ginger Ale, Small (1 drink) with Phosphate Flavor Choice Grape	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Schweppes Ginger Ale, Small (1 drink) with Phosphate Flavor Choice Orange	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Schweppes Ginger Ale, Small (1 drink) with Phosphate Flavor Choice Strawberry	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Schweppes Ginger Ale, Small (1 drink) with Phosphate Flavor Choice Vanilla	165	0	0	0	0	0	39	42	0	41	0	0	0	0	0
Soda Float (1 serving)	223	108	12	8	0	43	94	27	0	27	3	515	0	137	0
Soda Float (1 serving) with Soda Choice Diet Pepsi	223	108	12	8	0	43	139	27	0	27	3	515	0	137	0
Soda Float (1 serving) with Soda Choice Dr Pepper	388	108	12	8	0	43	147	68	0	68	3	515	0	137	0
Soda Float (1 serving) with Soda Choice Ginger Ale	358	108	12	8	0	43	154	62	0	60	3	515	0	137	0
Soda Float (1 serving) with Soda Choice Lemonade	383	108	12	8	0	43	250	67	0	67	3	515	0	137	0
Soda Float (1 serving) with Soda Choice Mountain Dew	388	108	12	8	0	43	169	74	0	74	3	515	0	137	0
Soda Float (1 serving) with Soda Choice Pepsi	373	108	12	8	0	43	132	68	0	68	3	515	0	137	0
The 1/2 and 1/2, Large (1 drink)	128	0	0	0	0	0	208	32	0	32	0	0	0	0	0
The 1/2 and 1/2, Large (1 drink) with Phosphate Flavor Choice Cherry	380	0	0	0	0	0	216	95	0	92	0	0	0	0	0
The 1/2 and 1/2, Large (1 drink) with Phosphate Flavor Choice Chocolate	400	76	8	8	0	0	412	79	2	72	3	0	1	127	2
The 1/2 and 1/2, Large (1 drink) with Phosphate Flavor Choice Grape	380	0	0	0	0	0	216	95	0	95	0	0	0	0	0
The 1/2 and 1/2, Large (1 drink) with Phosphate Flavor Choice Orange	380	0	0	0	0	0	216	95	0	95	0	0	0	0	0
The 1/2 and 1/2, Large (1 drink) with Phosphate Flavor Choice Strawberry	380	0	0	0	0	0	216	95	0	95	0	0	0	0	0
The 1/2 and 1/2, Large (1 drink) with Phosphate Flavor Choice Vanilla	380	0	0	0	0	0	216	95	0	95	0	0	0	0	0



Ice Cream Soda (1 serving) with Flavor Choice Egg Nog	563	144	16	12	0	63	94	103	0	103	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Espresso	622	144	16	12	0	63	94	109	0	109	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Grape	619	144	16	12	0	63	104	115	0	115	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Hot Fudge	646	246	27	23	0	63	366	94	2	85	8	515	1	307	2
Ice Cream Soda (1 serving) with Flavor Choice Key Lime	643	144	16	12	0	63	94	123	0	123	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Lemon	603	144	16	12	0	63	94	107	0	107	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Mint	643	144	16	12	0	63	94	119	0	119	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Orange	619	144	16	12	0	63	104	115	0	115	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Peanut Butter	1027	670	74	21	0	63	599	61	8	42	27	515	0	137	3
Ice Cream Soda (1 serving) with Flavor Choice Pineapple	460	145	16	12	0	63	114	76	1	75	4	558	19	149	0
Ice Cream Soda (1 serving) with Flavor Choice Root Beer	683	144	16	12	0	63	94	131	0	127	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Strawberry	619	144	16	12	0	63	104	115	0	115	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Vanilla	619	144	16	12	0	63	104	115	0	115	3	515	0	137	0
Ice Cream Sundae (1 serving)	490	245	27	19	0	104	177	56	0	56	6	966	0	258	0
Ice Cream Sundae (1 serving) with Topping Choice Caramel Syrup	626	263	29	20	0	111	292	85	0	75	8	1051	1	300	0
Ice Cream Sundae (1 serving) with Topping Choice Chocolate Syrup	626	284	32	23	0	104	279	80	1	76	8	966	1	321	1
Ice Cream Sundae (1 serving) with Topping Choice Hot Fudge	626	284	32	23	0	104	279	80	1	76	8	966	1	321	1
Ice Cream Sundae (1 serving) with Topping Choice Pineapple	556	246	27	19	0	104	185	73	0	72	7	982	7	262	0
Ice Cream Sundae (1 serving) with Topping Choice Strawberry	546	245	27	19	0	104	183	70	0	70	6	966	15	258	0
Sundae (1 serving)	490	245	27	19	0	104	177	56	0	56	6	966	0	258	0
Sundae (1 serving) with Topping Choice Caramel Syrup	626	263	29	20	0	111	292	85	0	75	8	1051	1	300	0
Sundae (1 serving) with Topping Choice Hersheys Syrup	626	284	32	23	0	104	279	80	1	76	8	966	1	321	1
Sundae (1 serving) with Topping Choice Hot Fudge	626	284	32	23	0	104	279	80	1	76	8	966	1	321	1
Sundae (1 serving) with Topping Choice Pineapple	556	246	27	19	0	104	185	73	0	72	7	982	7	262	0
Sundae (1 serving) with Topping Choice Strawberry Syrup	616	245	27	19	0	104	181	88	0	88	6	966	0	258	0
Vanilla Ice Cream (1 serving)	140	68	8	5	0	27	59	17	0	17	2	322	0	86	0
Xango (1 serving)	468	240	27	15	1	120	480	49	1	32	7	1000	1	60	1
Xango Sundae (1 serving)	958	486	54	35	1	224	657	105	1	88	13	1966	1	318	1