

## 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 Bacon	50	36	4	1	0	10	125	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 Fried Egg	90	72	8	2	0	120	105	1	0	0	5	0	0	19	1
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)	372	152	17	5	0	50	570	36	1	9	21	150	0	129	3
Cheeseburg (1 serving) with Bacon	422	188	21	6	0	60	695	36	1	9	24	150	0	129	3
Cheeseburg (1 serving) with Cajun Spices	372	152	17	5	0	50	1146	36	1	9	21	150	0	129	3
Cheeseburg (1 serving) with Cheese	412	179	20	7	0	63	775	37	1	10	23	300	0	204	3
Cheeseburg (1 serving) with Cole Slaw	526	248	28	6	0	50	859	50	3	21	22	1619	24	166	4

Cheeseburg (1 serving) with Grilled Onions	409	177	20	7	0	58	593	38	1	10	21	248	2	135	3
Cheeseburg (1 serving) with Honey Mustard	417	152	17	5	0	50	730	46	1	18	21	150	0	129	3
Cheeseburg (1 serving) with Ketchup	406	153	17	5	0	50	837	44	1	16	21	283	2	134	3
Cheeseburg (1 serving) with Lettuce	374	153	17	5	0	50	573	36	1	9	21	1198	3	135	3
Cheeseburg (1 serving) with Mayo	470	250	28	7	0	50	657	36	1	9	21	150	0	129	3
Cheeseburg (1 serving) with Mustard	378	155	17	5	0	50	703	36	1	9	21	151	0	136	3
Cheeseburg (1 serving) with Pickle Chips	372	152	17	5	0	50	728	36	1	9	21	150	0	136	3
Cheeseburg (1 serving) with Pickle Relish	419	152	17	5	0	50	806	45	1	19	21	150	0	129	3
Cheeseburg (1 serving) with Sliced Onions	384	152	17	5	0	50	571	38	1	10	21	151	2	136	3
Cheeseburg (1 serving) with Spanish Olive	378	156	17	5	0	50	674	36	1	9	21	150	0	129	3
Cheeseburg (1 serving) with Sweet Pickle	375	152	17	5	0	50	595	36	1	10	21	150	0	129	3
Cheeseburg (1 serving) with Tartar Sauce	529	278	31	7	0	50	920	48	1	21	21	150	0	129	3
Cheeseburg (1 serving) with Tomato	374	152	17	5	0	50	570	36	1	9	21	229	1	130	3
Double Cheeseburg (1 serving)	489	200	22	7	0	88	609	40	1	13	33	150	0	134	5
Double Cheeseburg (1 serving) with Bacon	539	236	26	8	0	98	734	40	1	13	37	150	0	134	5
Double Cheeseburg (1 serving) with Cajun Spices	489	200	22	7	0	88	1185	40	1	13	33	150	0	134	5
Double Cheeseburg (1 serving) with Cheese	529	227	25	9	0	101	814	41	1	14	36	300	0	209	5
Double Cheeseburg (1 serving) with Cole Slaw	643	296	33	8	0	88	899	54	3	26	35	1619	24	170	5
Double Cheeseburg (1 serving) with Grilled Onions	526	224	25	8	0	96	632	43	1	14	34	248	2	140	5
Double Cheeseburg (1 serving) with Honey Mustard	534	200	22	7	0	88	769	50	1	22	33	150	0	134	5
Double Cheeseburg (1 serving) with Ketchup	524	201	22	7	0	88	876	48	1	20	34	283	2	138	5
Double Cheeseburg (1 serving) with Lettuce	492	200	22	7	0	88	612	40	1	13	34	1198	3	140	5
Double Cheeseburg (1 serving) with Mayo	587	298	33	8	0	88	696	40	1	13	33	150	0	134	5
Double Cheeseburg (1 serving) with Mustard	496	203	23	7	0	88	742	40	1	13	34	151	0	141	5
Double Cheeseburg (1 serving) with Pickle Chips	490	200	22	7	0	88	767	40	1	13	33	150	0	140	5
Double Cheeseburg (1 serving) with Pickle Relish	537	200	22	7	0	88	846	49	1	23	33	150	0	134	5
Double Cheeseburg (1 serving) with Sliced Onions	502	200	22	7	0	88	610	43	1	14	34	151	2	140	5
Double Cheeseburg (1 serving) with Spanish Olive	495	204	23	7	0	88	713	40	1	13	33	150	0	134	5

Double Cheeseburg (1 serving) with Sweet Pickle	493	200	22	7	0	88	634	40	1	14	33	150	0	134	5
Double Cheeseburg (1 serving) with Tartar Sauce	647	326	36	8	0	88	959	52	1	25	33	150	0	134	5
Double Cheeseburg (1 serving) with Tomato	491	200	22	7	0	88	610	40	1	13	33	229	1	135	5
Double Hamburg (1 serving)	449	173	19	5	0	76	404	38	1	12	31	0	0	59	5
Double Hamburg (1 serving) with Bacon	499	209	23	6	0	86	529	38	1	12	34	0	0	59	5
Double Hamburg (1 serving) with Cajun Spices	449	173	19	5	0	76	980	38	1	12	31	0	0	59	5
Double Hamburg (1 serving) with Cheese	489	200	22	7	0	88	609	40	1	13	33	150	0	134	5
Double Hamburg (1 serving) with Cole Slaw	603	269	30	6	0	76	694	52	3	25	32	1469	24	95	5
Double Hamburg (1 serving) with Grilled Onions	486	197	22	6	0	83	427	41	1	13	31	98	2	65	5
Double Hamburg (1 serving) with Honey Mustard	494	173	19	5	0	76	564	48	1	21	31	0	0	59	5
Double Hamburg (1 serving) with Ketchup	484	174	19	5	0	76	671	46	1	19	31	133	2	63	5
Double Hamburg (1 serving) with Lettuce	452	173	19	5	0	76	407	39	1	12	31	1048	3	65	5
Double Hamburg (1 serving) with Mayo	547	271	30	6	0	76	491	38	1	12	31	0	0	59	5
Double Hamburg (1 serving) with Mustard	456	176	20	5	0	76	537	39	1	12	31	1	0	66	5
Double Hamburg (1 serving) with Pickle Chips	450	173	19	5	0	76	562	38	1	12	31	0	0	65	5
Double Hamburg (1 serving) with Pickle Relish	497	173	19	5	0	76	641	48	1	22	31	0	0	59	5
Double Hamburg (1 serving) with Sliced Onions	462	173	19	5	0	76	405	41	1	13	31	1	2	65	5
Double Hamburg (1 serving) with Spanish Olive	455	177	20	5	0	76	508	38	1	12	31	0	0	59	5
Double Hamburg (1 serving) with Sweet Pickle	453	173	19	5	0	76	429	39	1	13	31	0	0	59	5
Double Hamburg (1 serving) with Tartar Sauce	607	299	33	6	0	76	754	50	1	24	31	0	0	59	5
Double Hamburg (1 serving) with Tomato	451	173	19	5	0	76	405	39	1	12	31	79	1	60	5
Galley Boy (1 serving)	540	240	27	7	0	88	813	43	1	17	33	150	0	134	5
Galley Boy (1 serving) with Bacon	590	276	31	8	0	98	938	43	1	17	37	150	0	134	5
Galley Boy (1 serving) with Barbecue Sauce	560	240	27	7	0	88	998	48	1	21	33	150	0	134	5
Galley Boy (1 serving) with Cole Slaw	694	336	37	8	0	88	1103	57	3	29	35	1619	24	170	5
Galley Boy (1 serving) with Grilled Onions	577	264	29	9	0	96	836	46	1	18	34	248	2	140	5

Galley Boy (1 serving) with Lettuce	543	240	27	7	0	88	816	44	1	17	34	1198	3	140	5
Galley Boy (1 serving) with Pickle Chips	541	240	27	7	0	88	971	43	1	17	33	150	0	140	5
Galley Boy (1 serving) with Red Sauce	562	240	27	7	0	88	964	48	1	22	33	150	0	140	5
Galley Boy (1 serving) with Sliced Onions	553	240	27	7	0	88	814	46	1	18	34	151	2	140	5
Galley Boy (1 serving) with Tomato	542	240	27	7	0	88	814	44	1	17	33	229	1	135	5
Galley Boy (1 serving) with Yellow Mustard	547	243	27	7	0	88	946	44	1	17	34	151	0	141	5
Half Pounder Plus (1 serving)	685	269	30	8	0	151	483	46	1	20	56	0	0	68	7
Half Pounder Plus (1 serving) with Bacon	735	305	34	9	0	161	608	46	1	20	59	0	0	68	7
Half Pounder Plus (1 serving) with Cajun Spices	685	269	30	8	0	151	1058	46	1	20	56	0	0	68	7
Half Pounder Plus (1 serving) with Cheese	725	296	33	10	0	164	688	48	1	21	58	150	0	143	7
Half Pounder Plus (1 serving) with Cole Slaw	839	365	41	9	0	151	772	61	3	33	57	1469	24	104	8
Half Pounder Plus (1 serving) with Grilled Onions	722	293	33	10	0	159	506	49	1	22	56	98	2	74	7
Half Pounder Plus (1 serving) with Honey Mustard	730	269	30	8	0	151	643	56	1	29	56	0	0	68	7
Half Pounder Plus (1 serving) with Ketchup	720	270	30	8	0	151	749	55	1	27	56	133	2	72	7
Half Pounder Plus (1 serving) with Lettuce	688	269	30	8	0	151	486	47	1	20	56	1048	3	74	7
Half Pounder Plus (1 serving) with Mayo	783	367	41	10	0	151	570	46	1	20	56	0	0	68	7
Half Pounder Plus (1 serving) with Mustard	691	272	30	8	0	151	615	47	1	20	56	1	0	74	7
Half Pounder Plus (1 serving) with Pickle Chips	686	269	30	8	0	151	641	46	1	20	56	0	0	74	7
Half Pounder Plus (1 serving) with Pickle Relish	732	269	30	8	0	151	719	56	1	30	56	0	0	68	7
Half Pounder Plus (1 serving) with Sliced Onions	698	269	30	8	0	151	484	49	1	22	56	1	2	74	7
Half Pounder Plus (1 serving) with Spanish Olive	691	273	30	8	0	151	587	46	1	20	56	0	0	68	7
Half Pounder Plus (1 serving) with Sweet Pickle	688	269	30	8	0	151	508	47	1	21	56	0	0	68	7
Half Pounder Plus (1 serving) with Tartar Sauce	842	395	44	10	0	151	833	59	1	33	56	0	0	68	7
Half Pounder Plus (1 serving) with Tomato	687	269	30	8	0	151	483	47	1	21	56	79	1	69	7
Hamburg (1 serving)	332	125	14	3	0	38	365	34	1	8	18	0	0	54	3
Hamburg (1 serving) with Bacon	382	161	18	4	0	48	490	34	1	8	22	0	0	54	3

Hamburg (1 serving) with Cajun Spices	332	125	14	3	0	38	941	34	1	8	18	0	0	54	3
Hamburg (1 serving) with Cheese	372	152	17	5	0	50	570	36	1	9	21	150	0	129	3
Hamburg (1 serving) with Cole Slaw	486	221	25	4	0	38	654	48	3	20	20	1469	24	91	4
Hamburg (1 serving) with Grilled Onions	369	150	17	5	0	45	388	37	1	9	19	98	2	60	3
Hamburg (1 serving) with Honey Mustard	377	125	14	3	0	38	525	44	1	17	18	0	0	54	3
Hamburg (1 serving) with Ketchup	366	126	14	3	0	38	632	42	1	15	19	133	2	59	3
Hamburg (1 serving) with Lettuce	334	126	14	3	0	38	368	34	1	8	19	1048	3	60	3
Hamburg (1 serving) with Mayo	430	223	25	5	0	38	452	34	1	8	18	0	0	54	3
Hamburg (1 serving) with Mustard	338	128	14	3	0	38	498	35	1	8	19	1	0	61	3
Hamburg (1 serving) with Pickle Chips	332	125	14	3	0	38	523	34	1	8	18	0	0	61	3
Hamburg (1 serving) with Pickle Relish	379	125	14	3	0	38	601	44	1	18	18	0	0	54	3
Hamburg (1 serving) with Sliced Onions	344	125	14	3	0	38	366	37	1	9	19	1	2	61	3
Hamburg (1 serving) with Spanish Olive	338	129	14	3	0	38	469	34	1	8	18	0	0	54	3
Hamburg (1 serving) with Sweet Pickle	335	125	14	3	0	38	390	35	1	9	18	0	0	54	3
Hamburg (1 serving) with Tartar Sauce	489	251	28	5	0	38	715	46	1	20	18	0	0	54	3
Hamburg (1 serving) with Tomato	334	125	14	3	0	38	365	34	1	8	19	79	1	55	3
Hamburger Bun (1 bun)	214	77	9	1	0	0	326	30	1	4	6	0	0	50	2
Quarter Pounder Plus (1 serving)	449	173	19	5	0	76	404	38	1	12	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Bacon	499	209	23	6	0	86	529	38	1	12	34	0	0	59	5
Quarter Pounder Plus (1 serving) with Cajun Spices	449	173	19	5	0	76	980	38	1	12	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Cheese	489	200	22	7	0	88	609	40	1	13	33	150	0	134	5
Quarter Pounder Plus (1 serving) with Cole Slaw	603	269	30	6	0	76	694	52	3	25	32	1469	24	95	5
Quarter Pounder Plus (1 serving) with Grilled Onions	486	197	22	6	0	83	427	41	1	13	31	98	2	65	5
Quarter Pounder Plus (1 serving) with Honey Mustard	494	173	19	5	0	76	564	48	1	21	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Ketchup	484	174	19	5	0	76	671	46	1	19	31	133	2	63	5
Quarter Pounder Plus (1 serving) with Lettuce	452	173	19	5	0	76	407	39	1	12	31	1048	3	65	5
Quarter Pounder Plus (1 serving) with Mayo	547	271	30	6	0	76	491	38	1	12	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Mustard	456	176	20	5	0	76	537	39	1	12	31	1	0	66	5

Quarter Pounder Plus (1 serving) with Pickle Chips	450	173	19	5	0	76	562	38	1	12	31	0	0	65	5
Quarter Pounder Plus (1 serving) with Pickle Relish	497	173	19	5	0	76	641	48	1	22	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Sliced Onions	462	173	19	5	0	76	405	41	1	13	31	1	2	65	5
Quarter Pounder Plus (1 serving) with Spanish Olive	455	177	20	5	0	76	508	38	1	12	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Sweet Pickle	453	173	19	5	0	76	429	39	1	13	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Tartar Sauce	607	299	33	6	0	76	754	50	1	24	31	0	0	59	5
Quarter Pounder Plus (1 serving) with Tomato	451	173	19	5	0	76	405	39	1	12	31	79	1	60	5
Triple Cheeseburg (1 serving)	647	275	31	10	0	139	854	45	1	18	48	300	0	213	6
Triple Cheeseburg (1 serving) with Bacon	697	311	35	12	0	149	979	45	1	18	52	300	0	213	6
Triple Cheeseburg (1 serving) with Cajun Spices	647	275	31	10	0	139	1429	45	1	18	48	300	0	213	6
Triple Cheeseburg (1 serving) with Cheese	687	302	34	12	0	151	1059	47	1	19	51	450	0	288	6
Triple Cheeseburg (1 serving) with Cole Slaw	801	371	41	12	0	139	1143	59	3	31	49	1769	24	250	6
Triple Cheeseburg (1 serving) with Grilled Onions	684	299	33	12	0	146	876	48	1	19	49	398	2	219	6
Triple Cheeseburg (1 serving) with Honey Mustard	692	275	31	10	0	139	1014	55	1	27	48	300	0	213	6
Triple Cheeseburg (1 serving) with Ketchup	682	276	31	10	0	139	1120	53	1	25	49	433	2	217	6
Triple Cheeseburg (1 serving) with Lettuce	650	275	31	10	0	139	857	46	1	18	49	1348	3	219	6
Triple Cheeseburg (1 serving) with Mayo	745	373	41	12	0	139	941	45	1	18	48	300	0	213	6
Triple Cheeseburg (1 serving) with Mustard	654	278	31	10	0	139	986	46	1	18	49	301	0	220	6
Triple Cheeseburg (1 serving) with Pickle Chips	648	275	31	10	0	139	1012	45	1	18	48	300	0	219	6
Triple Cheeseburg (1 serving) with Pickle Relish	694	275	31	10	0	139	1090	55	1	28	48	300	0	213	6
Triple Cheeseburg (1 serving) with Sliced Onions	660	275	31	10	0	139	854	48	1	19	49	301	2	219	6
Triple Cheeseburg (1 serving) with Spanish Olive	653	279	31	10	0	139	958	45	1	18	48	300	0	213	6
Triple Cheeseburg (1 serving) with Sweet Pickle	650	275	31	10	0	139	879	46	1	19	48	300	0	213	6

Triple Cheeseburg (1 serving) with Tartar Sauce	805	401	45	12	0	139	1204	57	1	30	48	300	0	213	6
Triple Cheeseburg (1 serving) with Tomato	649	275	31	10	0	139	854	46	1	18	48	379	1	214	6
Triple Hamburg (1 serving)	567	221	25	6	0	114	444	42	1	16	43	0	0	63	6
Triple Hamburg (1 serving) with Bacon	617	257	29	8	0	124	569	42	1	16	47	0	0	63	6
Triple Hamburg (1 serving) with Cajun Spices	567	221	25	6	0	114	1019	42	1	16	43	0	0	63	6
Triple Hamburg (1 serving) with Cheese	607	248	28	8	0	126	649	44	1	17	46	150	0	138	6
Triple Hamburg (1 serving) with Cole Slaw	721	317	35	8	0	114	733	56	3	29	44	1469	24	100	6
Triple Hamburg (1 serving) with Grilled Onions	604	245	27	8	0	121	466	45	1	17	44	98	2	69	6
Triple Hamburg (1 serving) with Honey Mustard	612	221	25	6	0	114	604	52	1	25	43	0	0	63	6
Triple Hamburg (1 serving) with Ketchup	602	222	25	6	0	114	710	50	1	23	44	133	2	67	6
Triple Hamburg (1 serving) with Lettuce	570	221	25	6	0	114	447	43	1	16	44	1048	3	69	6
Triple Hamburg (1 serving) with Mayo	665	319	35	8	0	114	531	42	1	16	43	0	0	63	6
Triple Hamburg (1 serving) with Mustard	574	224	25	6	0	114	576	43	1	16	44	1	0	70	6
Triple Hamburg (1 serving) with Pickle Chips	568	221	25	6	0	114	602	42	1	16	43	0	0	69	6
Triple Hamburg (1 serving) with Pickle Relish	614	221	25	6	0	114	680	52	1	26	43	0	0	63	6
Triple Hamburg (1 serving) with Sliced Onions	580	221	25	6	0	114	444	45	1	17	44	1	2	69	6
Triple Hamburg (1 serving) with Spanish Olive	573	225	25	6	0	114	548	42	1	16	43	0	0	63	6
Triple Hamburg (1 serving) with Sweet Pickle	570	221	25	6	0	114	469	43	1	17	43	0	0	63	6
Triple Hamburg (1 serving) with Tartar Sauce	725	347	39	8	0	114	794	54	1	28	43	0	0	63	6
Triple Hamburg (1 serving) with Tomato	569	221	25	6	0	114	444	43	1	16	43	79	1	64	6
Veggie Burger (1 serving)	394	131	15	2	0	0	866	45	4	6	22	0	0	130	3
Veggie Burger (1 serving) with Bacon	444	167	19	4	0	10	991	45	4	6	26	0	0	130	3
Veggie Burger (1 serving) with Cajun Spices	394	131	15	2	0	0	1441	45	4	6	22	0	0	130	3
Veggie Burger (1 serving) with Cheese	434	158	18	4	0	13	1071	47	4	7	25	150	0	205	3
Veggie Burger (1 serving) with Cole Slaw	548	227	25	3	0	0	1155	59	6	18	23	1469	24	167	4
Veggie Burger (1 serving) with Grilled Onions	431	156	17	4	0	7	888	48	4	7	22	98	2	136	3
Veggie Burger (1 serving) with Honey Mustard	439	131	15	2	0	0	1026	55	4	15	22	0	0	130	3
Veggie Burger (1 serving) with Ketchup	428	132	15	2	0	0	1132	53	4	13	22	133	2	134	3
Veggie Burger (1 serving) with Lettuce	396	132	15	2	0	0	869	45	4	6	22	1048	3	136	3
Veggie Burger (1 serving) with Mayo	492	229	25	4	0	0	953	45	4	6	22	0	0	130	3
Veggie Burger (1 serving) with Mustard	400	135	15	2	0	0	998	45	4	6	22	1	0	137	3

Veggie Burger (1 serving) with Pickle Chips	394	131	15	2	0	0	1024	45	4	6	22	0	0	136	3
Veggie Burger (1 serving) with Pickle Relish	441	131	15	2	0	0	1102	54	4	15	22	0	0	130	3
Veggie Burger (1 serving) with Sliced Onions	407	131	15	2	0	0	866	48	4	7	22	1	2	136	3
Veggie Burger (1 serving) with Spanish Olive	400	135	15	2	0	0	970	45	4	6	22	0	0	130	3
Veggie Burger (1 serving) with Sweet Pickle	397	131	15	2	0	0	891	46	4	7	22	0	0	130	3
Veggie Burger (1 serving) with Tartar Sauce	551	257	29	4	0	0	1216	57	4	18	22	0	0	130	3
Veggie Burger (1 serving) with Tomato	396	131	15	2	0	0	866	45	4	6	22	79	1	131	3

Sandwiches	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)
Bacon, Lettuce and Tomato Sandwich (1 serving)	353	305	34	7	0	30	553	1	0	1	11	1206	5	8	1
Bacon, Lettuce and Tomato Sandwich (1 serving) with Bread Choice Toasted Wheat Bread	800	468	52	10	0	30	1245	59	4	7	23	1206	10	128	4
Bacon, Lettuce and Tomato Sandwich (1 serving) with Bread Choice Toasted White Bread	690	477	53	11	0	30	1005	34	1	3	18	1206	5	105	3
Egg Salad Sandwich (1 serving)	160	90	10	3	0	350	590	5	0	4	12	466	0	50	1
Egg Salad Sandwich (1 serving) with Bread Choice Toasted Wheat Bread	608	254	28	6	0	350	1281	63	4	10	24	466	5	170	5
Egg Salad Sandwich (1 serving) with Bread Choice Toasted White Bread	498	263	29	7	0	350	1041	38	1	6	19	466	0	147	3
Fish Sandwich (1 serving)	480	144	16	2	0	25	586	67	1	9	20	0	0	70	3
Fish Sandwich (1 serving) with Cheese	520	171	19	4	0	38	791	68	1	10	23	150	0	145	3
Fish Sandwich (1 serving) with Leaf Lettuce	483	144	16	2	0	25	589	67	1	9	20	1048	3	76	3
Fried Bologna Sandwich (1 serving)	544	339	38	11	0	80	906	30	1	4	24	0	0	50	2
Fried Bologna Sandwich (1 serving) with Sliced Onions	557	340	38	11	0	80	906	33	1	5	24	1	2	56	2
Fried Bologna Sandwich (1 serving) with Yellow Mustard	551	343	38	11	0	80	1038	30	1	4	24	1	0	57	2
Fried Chicken Fillet Sandwich (1 serving)	472	212	24	4	0	45	946	44	1	5	24	0	0	70	3



Fried Chicken Fillet Sandwich (1 serving) with Leaf Lettuce	474	212	24	4	0	45	949	44	1	5	24	1048	3	76	3
Fried Chicken Fillet Sandwich (1 serving) with Mayo	570	310	34	5	0	45	1033	44	1	5	24	0	0	70	3
Fried Chicken Fillet Sandwich (1 serving) with Tomato Slice	474	212	24	4	0	45	946	44	1	5	24	79	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	528	218	24	7	0	25	1101	61	4	8	17	300	5	270	4
Grilled Cheese Sandwich (1 serving) with Bread Choice Toasted White Bread	418	227	25	8	0	25	861	36	1	4	12	300	0	247	2
Grilled Chicken Breast Sandwich (1 serving)	380	138	15	3	0	92	908	28	2	0	32	0	4	87	2
Grilled Chicken Breast Sandwich (1 serving) with Leaf Lettuce	383	138	15	3	0	92	911	29	2	0	32	1048	6	93	2
Grilled Chicken Breast Sandwich (1 serving) with Mayo	478	236	26	5	0	92	995	28	2	0	32	0	4	87	2
Grilled Chicken Breast Sandwich (1 serving) with Tomato Slice	382	138	15	3	0	92	908	29	2	0	32	79	5	88	2
Hot Dog (1 serving)	294	158	18	4	0	35	896	24	1	4	10	0	2	92	1
Hot Dog with Coney Sauce (1 serving)	375	200	22	6	0	56	1006	29	1	8	15	0	2	103	2
Pork Sandwich (1 serving)	465	196	22	5	0	93	639	34	1	7	33	0	0	40	5
Pork Sandwich (1 serving) with Dipping Sauce Choice Barbecue Sauce	525	196	22	5	0	93	1194	49	1	21	33	0	0	40	5
Pork Sandwich (1 serving) with Dipping Sauce Choice Red Sauce	532	196	22	5	0	93	1091	50	1	22	33	0	0	57	5
Pork Tenderloin Sandwich (1 sandwich)	417	138	15	3	0	38	940	43	2	5	29	1128	4	87	3
Salad Boy Sandwich (1 serving)	503	199	22	5	0	13	1437	54	5	12	25	1278	6	224	3
Salad Boy Sandwich (1 serving) with Dipping Sauce Choice Barbecue Sauce	523	199	22	5	0	13	1622	59	5	17	25	1278	6	224	3
Salad Boy Sandwich (1 serving) with Dipping Sauce Choice Red Sauce	525	199	22	5	0	13	1587	59	5	17	25	1278	6	230	3

Sloppy Joe (1 serving)	440	197	22	6	0	42	527	44	2	15	17	0	0	62	4
Veggie Special (1 serving)	282	86	10	2	0	0	844	41	3	11	5	2256	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	90	10	2	0	0	638	33	3	0	3	0	0	32	1
Chicken Nuggets, 10 Piece (1 serving)	600	180	20	3	0	133	2633	50	0	0	47	0	0	33	1
Chicken Nuggets, 10 Piece (1 serving) with Barbecue Sauce	650	180	20	3	0	133	2973	62	0	11	47	0	0	46	1
Chicken Nuggets, 10 Piece (1 serving) with Honey Mustard Dressing	645	180	20	3	0	133	2793	60	0	9	47	0	0	33	1
Chicken Nuggets, 10 Piece (1 serving) with Ranch Dressing	822	380	42	7	0	145	3042	52	0	2	48	0	0	33	1
Chicken Nuggets, 5 Piece (1 serving)	300	90	10	2	0	67	1317	25	0	0	23	0	0	17	1
Chicken Nuggets, 5 Piece (1 serving) with Barbecue Sauce	350	90	10	2	0	67	1657	37	0	11	23	0	0	30	1
Chicken Nuggets, 5 Piece (1 serving) with Honey Mustard Dressing	345	90	10	2	0	67	1477	35	0	9	23	0	0	17	1
Chicken Nuggets, 5 Piece (1 serving) with Ranch Dressing	522	290	32	5	0	78	1725	27	0	2	25	0	0	17	1
French Fries (1 serving)	231	90	10	2	0	0	1306	33	3	0	3	0	0	32	1
French Fries (1 serving) with Ranch Dressing	453	289	32	6	0	12	1714	36	3	2	4	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	632	410	46	6	0	12	1168	44	4	2	9	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	480	335	37	7	0	114	732	26	2	8	8	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	431	290	32	5	0	12	708	29	3	6	4	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	450	314	35	7	0	12	837	27	3	2	4	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	652	428	48	10	0	52	1428	40	4	4	15	0	0	300	1

Dinners	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)
Chicken Finger Dinner (1 serving)	564	140	16	2	0	63	1405	65	3	4	42	0	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Barbecue Sauce	634	140	16	2	0	63	2052	82	3	20	42	0	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Honey Mustard	654	140	16	2	0	63	1725	85	3	22	42	0	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Ranch Dressing	817	368	41	6	0	77	1871	68	3	7	44	0	0	50	2
Chicken Finger Dinner (1 serving) with Dipping Sauce Choice Red Sauce	641	140	16	2	0	63	1932	84	3	21	42	0	0	70	2
Chicken Finger Dinner (1 serving) with Side Choice Applesauce	654	140	16	2	0	63	1415	87	5	22	42	0	0	50	2
Chicken Finger Dinner (1 serving) with Side Choice Cajun Seasoned French Fries	795	230	26	4	0	63	2043	98	6	4	46	0	0	82	3
Chicken Finger Dinner (1 serving) with Side Choice Cole Slaw	718	236	26	3	0	63	1694	79	4	16	44	1469	24	87	2
Chicken Finger Dinner (1 serving) with Side Choice French Fries	795	230	26	4	0	63	2711	98	6	4	46	0	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	603	291	32	5	0	77	1546	38	2	3	38	0	0	0	0
Fish Dinner (1 serving)	660	139	15	2	0	50	646	97	1	6	34	2	4	92	4

Fish Dinner (1 serving) with Dipping Sauce Choice Barbecue Sauce	730	139	15	2	0	50	1293	114	1	22	34	2	4	92	4
Fish Dinner (1 serving) with Dipping Sauce Choice Red Sauce	738	139	15	2	0	50	1173	115	1	23	34	2	4	112	4
Fish Dinner (1 serving) with Side Choice Applesauce	750	139	15	2	0	50	656	119	3	24	34	2	4	92	4
Fish Dinner (1 serving) with Side Choice Cajun Seasoned French Fries	892	228	25	4	0	50	1284	130	4	6	37	2	4	124	5
Fish Dinner (1 serving) with Side Choice Cole Slaw	814	235	26	3	0	50	935	111	3	19	35	1471	27	129	4
Fish Dinner (1 serving) with Side Choice French Fries	892	228	25	4	0	50	1952	130	4	6	37	2	4	124	5
Shrimp Dinner (1 serving)	492	118	13	2	0	103	1313	73	11	7	23	2	4	107	2
Shrimp Dinner (1 serving) with Dipping Sauce Choice Barbecue Sauce	562	118	13	2	0	103	1961	91	11	23	23	2	4	107	2
Shrimp Dinner (1 serving) with Dipping Sauce Choice Red Sauce	569	118	13	2	0	103	1840	92	11	24	23	2	4	127	2
Shrimp Dinner (1 serving) with Side Choice Applesauce	582	118	13	2	0	103	1323	95	13	25	23	2	4	107	2
Shrimp Dinner (1 serving) with Side Choice Cajun Seasoned French Fries	723	208	23	4	0	103	1951	106	14	7	26	2	4	139	3
Shrimp Dinner (1 serving) with Side Choice Cole Slaw	646	214	24	3	0	103	1603	87	13	19	24	1471	27	143	2
Shrimp Dinner (1 serving) with Side Choice French Fries	723	208	23	4	0	103	2619	106	14	7	26	2	4	139	3
Shrimp Snack (1 serving)	319	40	4	1	0	103	1265	54	10	12	16	0	0	55	9

Hot Homestyle Soups	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)
Chili (1 serving)	474	156	17	5	0	68	1298	57	3	24	22	0	0	85	8
Vegetable Beef Soup (1 serving)	270	79	9	2	0	17	1468	36	3	7	12	0	0	54	4

Side Items	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)
Applesauce (1 serving)	90	0	0	0	0	0	10	22	2	18	0	0	0	0	0
Creamy Coleslaw (1 serving)	164	102	11	1	0	0	308	15	2	13	1	1561	25	39	0

Childrens Favorites	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)
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)	478	152	17	11	0	65	376	65	0	60	11	617	2	426	0
Caramel Milkshake (1 shake) with Malt	591	164	18	11	0	70	432	88	0	79	13	684	8	466	0
Cheeseburg (1 serving)	372	152	17	5	0	50	570	36	1	9	21	150	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)	496	175	19	10	0	65	367	70	0	61	11	617	2	414	0
Chocolate Milkshake (1 shake) with Malt	610	187	21	11	0	70	423	92	0	80	13	684	8	454	0
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	441	139	15	10	0	59	346	60	0	56	10	561	2	389	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	460	162	18	9	0	59	337	65	0	57	10	561	2	377	0
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	460	162	18	9	0	59	337	65	0	57	10	561	2	377	0
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
Diet Dr Pepper (1 drink)	0	0	0	0	0	0	32	0	0	0	0	0	0	0	0
Diet Dr Pepper (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	34	21	0	20	0	0	0	0	0
Diet Dr Pepper (1 drink) with Phosphate Flavor Choice Chocolate	94	29	3	0	0	0	71	16	0	12	0	0	0	0	0
Diet Dr Pepper (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	34	21	0	21	0	0	0	0	0

Diet Dr Pepper (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	34	21	0	21	0	0	0	0	0
Diet Dr Pepper (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	34	21	0	21	0	0	0	0	0
Diet Dr Pepper (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	34	21	0	21	0	0	0	0	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	94	29	3	0	0	0	67	16	0	12	0	0	0	0	0
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	193	29	3	0	0	0	71	40	0	36	0	0	0	0	0
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	528	218	24	7	0	25	1101	61	4	8	17	300	5	270	4
Grilled Cheese Sandwich (1 serving) with Bread Choice Toasted White Bread	418	227	25	8	0	25	861	36	1	4	12	300	0	247	2
Hamburg (1 serving)	332	125	14	3	0	38	365	34	1	8	18	0	0	54	3
Hot Dog (1 serving)	294	158	18	4	0	35	896	24	1	4	10	0	2	92	1
Hot Fudge Milkshake (1 shake)	496	175	19	10	0	65	367	70	0	61	11	617	2	414	0
Hot Fudge Milkshake (1 shake) with Malt	610	187	21	11	0	70	423	92	0	80	13	684	8	454	0
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	94	29	3	0	0	0	103	16	0	12	0	0	0	0	0
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)	545	162	18	9	0	59	337	84	0	76	10	561	2	377	0
Mocha Milkshake (1 shake) with Malt	658	174	19	10	0	64	393	107	0	95	12	628	8	417	0



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	193	29	3	0	0	0	85	44	0	40	0	0	0	0	0
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	184	29	3	0	0	0	80	42	0	37	0	0	0	0	0
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	184	29	3	0	0	0	62	40	0	36	0	0	0	0	0
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
Pepsi Zero (1 drink)	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0
Pepsi Zero (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	26	21	0	20	0	0	0	0	0
Pepsi Zero (1 drink) with Phosphate Flavor Choice Chocolate	94	29	3	0	0	0	64	16	0	12	0	0	0	0	0
Pepsi Zero (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	26	21	0	21	0	0	0	0	0
Pepsi Zero (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	26	21	0	21	0	0	0	0	0
Pepsi Zero (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	26	21	0	21	0	0	0	0	0
Pepsi Zero (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	26	21	0	21	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	175	29	3	0	0	0	76	37	0	31	0	0	0	0	0

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
Starry Lemon Lime Soda (1 drink)	90	0	0	0	0	0	21	23	0	23	0	0	0	0	0
Starry Lemon Lime Soda (1 drink) with Phosphate Flavor Choice Cherry	174	0	0	0	0	0	23	44	0	43	0	0	0	0	0
Starry Lemon Lime Soda (1 drink) with Phosphate Flavor Choice Chocolate	184	29	3	0	0	0	61	39	0	35	0	0	0	0	0
Starry Lemon Lime Soda (1 drink) with Phosphate Flavor Choice Grape	174	0	0	0	0	0	23	44	0	44	0	0	0	0	0
Starry Lemon Lime Soda (1 drink) with Phosphate Flavor Choice Orange	174	0	0	0	0	0	23	44	0	44	0	0	0	0	0
Starry Lemon Lime Soda (1 drink) with Phosphate Flavor Choice Strawberry	174	0	0	0	0	0	23	44	0	44	0	0	0	0	0
Starry Lemon Lime Soda (1 drink) with Phosphate Flavor Choice Vanilla	174	0	0	0	0	0	23	44	0	44	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	142	29	3	0	0	0	118	28	0	24	0	0	0	0	0
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	190	29	3	0	0	0	133	40	0	36	0	0	0	0	0
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

Classic Milkshakes	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 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)	1343	473	53	27	0	170	983	189	0	166	28	1627	7	1093	0
Chocolate Milkshake, Large (1 shake) with Malt	1457	485	54	28	0	175	1039	212	0	185	31	1693	12	1133	0
Chocolate Milkshake, Regular (1 shake)	672	236	26	14	0	85	491	95	0	83	14	813	3	546	0
Chocolate Milkshake, Regular (1 shake) with Malt	785	248	28	14	0	90	547	117	0	102	17	880	9	586	0

Chocolate Milkshake, Small (1 shake)	496	175	19	10	0	65	367	70	0	61	11	617	2	414	0
Chocolate Milkshake, Small (1 shake) with Malt	610	187	21	11	0	70	423	92	0	80	13	684	8	454	0
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

Special Milkshakes	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)
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)	1288	403	45	28	0	170	1008	177	0	163	28	1627	7	1128	0
Caramel Milkshake, Large (1 shake) with Malt	1401	415	46	29	0	175	1064	199	0	181	31	1693	12	1168	0
Caramel Milkshake, Regular (1 shake)	644	202	22	14	0	85	504	88	0	81	14	813	3	564	0
Caramel Milkshake, Regular (1 shake) with Malt	757	214	24	14	0	90	560	111	0	100	17	880	9	604	0
Caramel Milkshake, Small (1 shake)	478	152	17	11	0	65	376	65	0	60	11	617	2	426	0
Caramel Milkshake, Small (1 shake) with Malt	591	164	18	11	0	70	432	88	0	79	13	684	8	466	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 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 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 Malt	479	145	16	10	0	64	353	71	0	64	12	628	8	417	0
Hot Fudge Milkshake, Large (1 shake)	1343	473	53	27	0	170	983	189	0	166	28	1627	7	1093	0
Hot Fudge Milkshake, Large (1 shake) with Malt	1457	485	54	28	0	175	1039	212	0	185	31	1693	12	1133	0
Hot Fudge Milkshake, Regular (1 shake)	672	236	26	14	0	85	491	95	0	83	14	813	3	546	0
Hot Fudge Milkshake, Regular (1 shake) with Malt	785	248	28	14	0	90	547	117	0	102	17	880	9	586	0
Hot Fudge Milkshake, Small (1 shake)	496	175	19	10	0	65	367	70	0	61	11	617	2	414	0
Hot Fudge Milkshake, Small (1 shake) with Malt	610	187	21	11	0	70	423	92	0	80	13	684	8	454	0
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)	1487	433	48	24	0	152	893	233	0	211	25	1458	6	980	0
Mocha Milkshake, Large (1 shake) with Malt	1601	445	49	25	0	158	949	256	0	230	28	1525	11	1020	0
Mocha Milkshake, Regular (1 shake)	707	203	23	11	0	70	417	112	0	101	12	673	3	452	0
Mocha Milkshake, Regular (1 shake) with Malt	821	215	24	12	0	76	473	134	0	120	14	740	8	492	0



Mocha Milkshake, Small (1 shake)	545	162	18	9	0	59	337	84	0	76	10	561	2	377	0
Mocha Milkshake, Small (1 shake) with Malt	658	174	19	10	0	64	393	107	0	95	12	628	8	417	0
Oreo Milkshake, Large (1 shake)	1463	524	58	32	0	170	1142	203	0	166	31	1627	7	1124	3
Oreo Milkshake, Regular (1 shake)	731	262	29	16	0	85	571	102	0	83	16	813	3	562	2
Oreo Milkshake, Small (1 shake)	563	202	22	12	0	65	439	78	0	64	12	617	2	427	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

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)
California Whip (1 serving)	407	53	6	4	0	23	183	85	0	83	4	224	1	151	0

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
Diet Dr Pepper, Large (1 drink)	0	0	0	0	0	0	84	0	0	0	0	0	0	0	0
Diet Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Cherry	252	0	0	0	0	0	92	63	0	60	0	0	0	0	0
Diet Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Chocolate	283	88	10	0	0	0	204	48	0	35	0	0	0	0	0
Diet Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Grape	252	0	0	0	0	0	92	63	0	63	0	0	0	0	0
Diet Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Orange	252	0	0	0	0	0	92	63	0	63	0	0	0	0	0
Diet Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Strawberry	252	0	0	0	0	0	92	63	0	63	0	0	0	0	0
Diet Dr Pepper, Large (1 drink) with Phosphate Flavor Choice Vanilla	252	0	0	0	0	0	92	63	0	63	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink)	0	0	0	0	0	0	42	0	0	0	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Cherry	126	0	0	0	0	0	46	32	0	30	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Chocolate	142	44	5	0	0	0	102	24	0	17	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Grape	126	0	0	0	0	0	46	32	0	32	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Orange	126	0	0	0	0	0	46	32	0	32	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Strawberry	126	0	0	0	0	0	46	32	0	32	0	0	0	0	0
Diet Dr Pepper, Regular (1 drink) with Phosphate Flavor Choice Vanilla	126	0	0	0	0	0	46	32	0	32	0	0	0	0	0
Diet Dr Pepper, Small (1 drink)	0	0	0	0	0	0	32	0	0	0	0	0	0	0	0
Diet Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	34	21	0	20	0	0	0	0	0

Diet Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Chocolate	94	29	3	0	0	0	71	16	0	12	0	0	0	0	0
Diet Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	34	21	0	21	0	0	0	0	0
Diet Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	34	21	0	21	0	0	0	0	0
Diet Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	34	21	0	21	0	0	0	0	0
Diet Dr Pepper, Small (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	34	21	0	21	0	0	0	0	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	283	88	10	0	0	0	192	48	0	35	0	0	0	0	0
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	142	44	5	0	0	0	96	24	0	17	0	0	0	0	0
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	94	29	3	0	0	0	67	16	0	12	0	0	0	0	0
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	547	88	10	0	0	0	204	113	0	100	0	0	0	0	0
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	274	44	5	0	0	0	102	56	0	50	0	0	0	0	0
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	193	29	3	0	0	0	71	40	0	36	0	0	0	0	0
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
Florida Whip (1 serving)	407	53	6	4	0	23	183	85	0	83	4	224	1	151	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	283	88	10	0	0	0	288	48	0	35	0	0	0	0	0
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	142	44	5	0	0	0	144	24	0	17	0	0	0	0	0
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	94	29	3	0	0	0	103	16	0	12	0	0	0	0	0
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
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	547	88	10	0	0	0	240	122	0	109	0	0	0	0	0
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	274	44	5	0	0	0	120	61	0	55	0	0	0	0	0
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	193	29	3	0	0	0	85	44	0	40	0	0	0	0	0
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	523	88	10	0	0	0	228	118	0	102	0	0	0	0	
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	
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	
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	
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	
Mug Root Beer, Regular (1 drink)	120	0	0	0	0	0	54	35	0	34	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	
Mug Root Beer, Regular (1 drink) with Phosphate Flavor Choice Chocolate	262	44	5	0	0	0	114	59	0	51	0	0	0	0	
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	
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	
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	
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	
Mug Root Beer, Small (1 drink)	90	0	0	0	0	0	41	26	0	25	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	
Mug Root Beer, Small (1 drink) with Phosphate Flavor Choice Chocolate	184	29	3	0	0	0	80	42	0	37	0	0	0	0	
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	
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	
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	
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	



Ohio Whip (1 serving)	407	53	6	4	0	23	183	85	0	81	4	224	1	151	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 Zero, Large (1 drink)	0	0	0	0	0	0	64	0	0	0	0	0	0	0	0
Pepsi Zero, Large (1 drink) with Phosphate Flavor Choice Cherry	252	0	0	0	0	0	72	63	0	60	0	0	0	0	0
Pepsi Zero, Large (1 drink) with Phosphate Flavor Choice Chocolate	283	88	10	0	0	0	184	48	0	35	0	0	0	0	0
Pepsi Zero, Large (1 drink) with Phosphate Flavor Choice Grape	252	0	0	0	0	0	72	63	0	63	0	0	0	0	0
Pepsi Zero, Large (1 drink) with Phosphate Flavor Choice Orange	252	0	0	0	0	0	72	63	0	63	0	0	0	0	0
Pepsi Zero, Large (1 drink) with Phosphate Flavor Choice Strawberry	252	0	0	0	0	0	72	63	0	63	0	0	0	0	0
Pepsi Zero, Large (1 drink) with Phosphate Flavor Choice Vanilla	252	0	0	0	0	0	72	63	0	63	0	0	0	0	0
Pepsi Zero, Regular (1 drink)	0	0	0	0	0	0	32	0	0	0	0	0	0	0	0
Pepsi Zero, Regular (1 drink) with Phosphate Flavor Choice Cherry	126	0	0	0	0	0	36	32	0	30	0	0	0	0	0
Pepsi Zero, Regular (1 drink) with Phosphate Flavor Choice Chocolate	142	44	5	0	0	0	92	24	0	17	0	0	0	0	0
Pepsi Zero, Regular (1 drink) with Phosphate Flavor Choice Grape	126	0	0	0	0	0	36	32	0	32	0	0	0	0	0
Pepsi Zero, Regular (1 drink) with Phosphate Flavor Choice Orange	126	0	0	0	0	0	36	32	0	32	0	0	0	0	0
Pepsi Zero, Regular (1 drink) with Phosphate Flavor Choice Strawberry	126	0	0	0	0	0	36	32	0	32	0	0	0	0	0
Pepsi Zero, Regular (1 drink) with Phosphate Flavor Choice Vanilla	126	0	0	0	0	0	36	32	0	32	0	0	0	0	0
Pepsi Zero, Small (1 drink)	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0

Pepsi Zero, Small (1 drink) with Phosphate Flavor Choice Cherry	84	0	0	0	0	0	26	21	0	20	0	0	0	0	0
Pepsi Zero, Small (1 drink) with Phosphate Flavor Choice Chocolate	94	29	3	0	0	0	64	16	0	12	0	0	0	0	0
Pepsi Zero, Small (1 drink) with Phosphate Flavor Choice Grape	84	0	0	0	0	0	26	21	0	21	0	0	0	0	0
Pepsi Zero, Small (1 drink) with Phosphate Flavor Choice Orange	84	0	0	0	0	0	26	21	0	21	0	0	0	0	0
Pepsi Zero, Small (1 drink) with Phosphate Flavor Choice Strawberry	84	0	0	0	0	0	26	21	0	21	0	0	0	0	0
Pepsi Zero, Small (1 drink) with Phosphate Flavor Choice Vanilla	84	0	0	0	0	0	26	21	0	21	0	0	0	0	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	523	88	10	0	0	0	180	113	0	100	0	0	0	0	0
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	262	44	5	0	0	0	90	56	0	50	0	0	0	0	0
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	184	29	3	0	0	0	62	40	0	36	0	0	0	0	0
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	499	88	10	0	0	0	216	103	0	88	0	0	0	0	0
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	250	44	5	0	0	0	108	52	0	44	0	0	0	0	0

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	175	29	3	0	0	0	76	37	0	31	0	0	0	0	0
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
Starry Lemon Lime Soda, Large (1 drink)	240	0	0	0	0	0	56	62	0	62	0	0	0	0	0

Starry Lemon Lime Soda, Large (1 drink) with Phosphate Flavor Choice Cherry	492	0	0	0	0	0	63	125	0	122	0	0	0	0	0
Starry Lemon Lime Soda, Large (1 drink) with Phosphate Flavor Choice Chocolate	523	88	10	0	0	0	176	110	0	97	0	0	0	0	0
Starry Lemon Lime Soda, Large (1 drink) with Phosphate Flavor Choice Grape	492	0	0	0	0	0	63	125	0	125	0	0	0	0	0
Starry Lemon Lime Soda, Large (1 drink) with Phosphate Flavor Choice Orange	492	0	0	0	0	0	63	125	0	125	0	0	0	0	0
Starry Lemon Lime Soda, Large (1 drink) with Phosphate Flavor Choice Strawberry	492	0	0	0	0	0	63	125	0	125	0	0	0	0	0
Starry Lemon Lime Soda, Large (1 drink) with Phosphate Flavor Choice Vanilla	492	0	0	0	0	0	63	125	0	125	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink)	120	0	0	0	0	0	28	31	0	31	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink) with Phosphate Flavor Choice Cherry	246	0	0	0	0	0	32	63	0	61	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink) with Phosphate Flavor Choice Chocolate	262	44	5	0	0	0	88	55	0	49	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink) with Phosphate Flavor Choice Grape	246	0	0	0	0	0	32	63	0	63	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink) with Phosphate Flavor Choice Orange	246	0	0	0	0	0	32	63	0	63	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink) with Phosphate Flavor Choice Strawberry	246	0	0	0	0	0	32	63	0	63	0	0	0	0	0
Starry Lemon Lime Soda, Regular (1 drink) with Phosphate Flavor Choice Vanilla	246	0	0	0	0	0	32	63	0	63	0	0	0	0	0
Starry Lemon Lime Soda, Small (1 drink)	90	0	0	0	0	0	21	23	0	23	0	0	0	0	0
Starry Lemon Lime Soda, Small (1 drink) with Phosphate Flavor Choice Cherry	174	0	0	0	0	0	23	44	0	43	0	0	0	0	0
Starry Lemon Lime Soda, Small (1 drink) with Phosphate Flavor Choice Chocolate	184	29	3	0	0	0	61	39	0	35	0	0	0	0	0
Starry Lemon Lime Soda, Small (1 drink) with Phosphate Flavor Choice Grape	174	0	0	0	0	0	23	44	0	44	0	0	0	0	0
Starry Lemon Lime Soda, Small (1 drink) with Phosphate Flavor Choice Orange	174	0	0	0	0	0	23	44	0	44	0	0	0	0	0
Starry Lemon Lime Soda, Small (1 drink) with Phosphate Flavor Choice Strawberry	174	0	0	0	0	0	23	44	0	44	0	0	0	0	0

Starry Lemon Lime Soda, Small (1 drink) with Phosphate Flavor Choice Vanilla	174	0	0	0	0	0	23	44	0	44	0	0	0	0	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	411	88	10	0	0	0	328	80	0	67	0	0	0	0	0
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
The 1/2 and 1/2, Regular (1 drink)	64	0	0	0	0	0	104	16	0	16	0	0	0	0	0
The 1/2 and 1/2, Regular (1 drink) with Phosphate Flavor Choice Cherry	190	0	0	0	0	0	108	48	0	46	0	0	0	0	0
The 1/2 and 1/2, Regular (1 drink) with Phosphate Flavor Choice Chocolate	206	44	5	0	0	0	164	40	0	33	0	0	0	0	0
The 1/2 and 1/2, Regular (1 drink) with Phosphate Flavor Choice Grape	190	0	0	0	0	0	108	48	0	48	0	0	0	0	0
The 1/2 and 1/2, Regular (1 drink) with Phosphate Flavor Choice Orange	190	0	0	0	0	0	108	48	0	48	0	0	0	0	0
The 1/2 and 1/2, Regular (1 drink) with Phosphate Flavor Choice Strawberry	190	0	0	0	0	0	108	48	0	48	0	0	0	0	0
The 1/2 and 1/2, Regular (1 drink) with Phosphate Flavor Choice Vanilla	190	0	0	0	0	0	108	48	0	48	0	0	0	0	0
The 1/2 and 1/2, Small (1 drink)	48	0	0	0	0	0	78	12	0	12	0	0	0	0	0
The 1/2 and 1/2, Small (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, Small (1 drink) with Phosphate Flavor Choice Chocolate	142	29	3	0	0	0	118	28	0	24	0	0	0	0	0
The 1/2 and 1/2, Small (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, Small (1 drink) with Phosphate Flavor Choice Orange	132	0	0	0	0	0	81	33	0	33	0	0	0	0	
The 1/2 and 1/2, Small (1 drink) with Phosphate Flavor Choice Strawberry	132	0	0	0	0	0	81	33	0	33	0	0	0	0	
The 1/2 and 1/2, Small (1 drink) with Phosphate Flavor Choice Vanilla	132	0	0	0	0	0	81	33	0	33	0	0	0	0	
Tropicana Lemonade, Large (1 drink)	256	0	0	0	0	0	249	64	0	64	0	0	0	0	
Tropicana Lemonade, Large (1 drink) with Phosphate Flavor Choice Cherry	508	0	0	0	0	0	256	127	0	124	0	0	0	0	
Tropicana Lemonade, Large (1 drink) with Phosphate Flavor Choice Chocolate	539	88	10	0	0	0	369	112	0	99	0	0	0	0	
Tropicana Lemonade, Large (1 drink) with Phosphate Flavor Choice Grape	508	0	0	0	0	0	256	127	0	127	0	0	0	0	
Tropicana Lemonade, Large (1 drink) with Phosphate Flavor Choice Orange	508	0	0	0	0	0	256	127	0	127	0	0	0	0	
Tropicana Lemonade, Large (1 drink) with Phosphate Flavor Choice Strawberry	508	0	0	0	0	0	256	127	0	127	0	0	0	0	
Tropicana Lemonade, Large (1 drink) with Phosphate Flavor Choice Vanilla	508	0	0	0	0	0	256	127	0	127	0	0	0	0	
Tropicana Lemonade, Regular (1 drink)	128	0	0	0	0	0	124	32	0	32	0	0	0	0	
Tropicana Lemonade, Regular (1 drink) with Phosphate Flavor Choice Cherry	254	0	0	0	0	0	128	64	0	62	0	0	0	0	
Tropicana Lemonade, Regular (1 drink) with Phosphate Flavor Choice Chocolate	270	44	5	0	0	0	184	56	0	49	0	0	0	0	
Tropicana Lemonade, Regular (1 drink) with Phosphate Flavor Choice Grape	254	0	0	0	0	0	128	64	0	64	0	0	0	0	
Tropicana Lemonade, Regular (1 drink) with Phosphate Flavor Choice Orange	254	0	0	0	0	0	128	64	0	64	0	0	0	0	
Tropicana Lemonade, Regular (1 drink) with Phosphate Flavor Choice Strawberry	254	0	0	0	0	0	128	64	0	64	0	0	0	0	
Tropicana Lemonade, Regular (1 drink) with Phosphate Flavor Choice Vanilla	254	0	0	0	0	0	128	64	0	64	0	0	0	0	
Tropicana Lemonade, Small (1 drink)	96	0	0	0	0	0	93	24	0	24	0	0	0	0	
Tropicana Lemonade, Small (1 drink) with Phosphate Flavor Choice Cherry	180	0	0	0	0	0	96	45	0	44	0	0	0	0	

Tropicana Lemonade, Small (1 drink) with Phosphate Flavor Choice Chocolate	190	29	3	0	0	0	133	40	0	36	0	0	0	0
Tropicana Lemonade, Small (1 drink) with Phosphate Flavor Choice Grape	180	0	0	0	0	0	96	45	0	45	0	0	0	0
Tropicana Lemonade, Small (1 drink) with Phosphate Flavor Choice Orange	180	0	0	0	0	0	96	45	0	45	0	0	0	0
Tropicana Lemonade, Small (1 drink) with Phosphate Flavor Choice Strawberry	180	0	0	0	0	0	96	45	0	45	0	0	0	0
Tropicana Lemonade, Small (1 drink) with Phosphate Flavor Choice Vanilla	180	0	0	0	0	0	96	45	0	45	0	0	0	0

<b>Desserts</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>
Brownie (1 serving)	440	207	23	6	0	35	270	56	2	37	5	0	0	37	5
Brownie Sundae (1 serving)	790	385	43	20	0	112	388	95	2	76	9	644	0	209	5
Ice Cream Soda (1 serving)	283	144	16	12	0	63	94	31	0	31	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Banana	504	144	16	12	0	63	142	88	0	82	3	515	19	137	0
Ice Cream Soda (1 serving) with Flavor Choice Blueberry	615	144	16	12	0	63	98	115	0	111	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Caramel	588	169	19	13	0	63	288	79	0	73	3	515	0	184	0
Ice Cream Soda (1 serving) with Flavor Choice Cherry	619	144	16	12	0	63	104	115	0	111	3	515	0	137	0
Ice Cream Soda (1 serving) with Flavor Choice Chocolate	661	262	29	12	0	63	254	95	0	78	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	661	262	29	12	0	63	254	95	0	78	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	604	255	28	20	0	104	250	74	0	72	6	966	0	275	0
Ice Cream Sundae (1 serving) with Topping Choice Chocolate Syrup	631	290	32	19	0	104	237	80	0	74	6	966	0	258	0
Ice Cream Sundae (1 serving) with Topping Choice Hot Fudge	631	290	32	19	0	104	237	80	0	74	6	966	0	258	0
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	604	255	28	20	0	104	250	74	0	72	6	966	0	275	0
Sundae (1 serving) with Topping Choice Hersheys Syrup	631	290	32	19	0	104	237	80	0	74	6	966	0	258	0
Sundae (1 serving) with Topping Choice Hot Fudge	631	290	32	19	0	104	237	80	0	74	6	966	0	258	0
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	276	31	17	0	150	360	43	1	35	7	1000	1	80	0
Xango Sundae (1 serving)	958	522	58	37	0	254	537	99	1	91	13	1966	1	338	0