

## NUTRITION FACTS - BIGGER PITA

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>PITA BREADS</b>											
White Pocket Pita	180	10	1	0	0	0	390	36	2	0	6
Whole Wheat Pocket Pita	180	10	1	0	0	0	330	33	3	0	6
Gluten Free Wrap	220	80	9	2	0	0	500	45	4	6	6
<b>ARTISAN PITAS</b> (totals include specified ingredients)											
Chicken Pesto (Chicken Breast, Pesto)	260	130	15	3	0	80	570	2	less than 1g	0	29
Bacon Cheeseburger (Thinly Sliced Steak, Bacon)	280	140	15	5	0	60	720	2	0	2	21
Steak Fajita (Thinly Sliced Steak)	200	80	9	3.5	0	45	400	2	0	2	16
Sriracha Chicken (Chicken Breast, Sriracha)	170	50	5	1.5	0	75	470	2	0	1	27
Baja Chicken Bacon Ranch (Chicken Breast, Bacon, Jalapeno Ranch)	350	210	23	4.5	0	100	940	3	0	1	33
Thai Chicken (Chicken Breast, Thai Satay Sauce)	230	80	9	1.5	0	75	730	11	0	9	28
Dagwood (Deli Ham, Deli Turkey, Thinly Sliced Steak)	210	70	8	2.5	0	75	1370	4	0	2	26
Boom Boom Black Bean (Black Bean Patty, Boom Boom Sauce)	270	170	19	2.5	0	15	990	19	8	3	11
<b>CLASSIC PITAS</b> (totals include specified ingredients)											
Gyro	370	240	27	11	0	90	910	12	1	1	19
Souvlaki	190	60	7	2	0	80	500	2	0	1	17
Chicken Caesar (Chicken, Bacon)	240	100	11	3.5	0	90	710	1	0	0	32
Philly (Thinly Sliced Steak)	200	80	9	3.5	0	45	400	2	0	2	16
Buffalo Chicken (Chicken Breast, Buffalo Sauce)	170	50	6	1.5	0	75	1250	2	0	0	27
Aloha (Chicken Breast, Ham, Teriyaki)	250	70	7	2.5	0	100	1250	9	0	7	36
Club (Turkey, Ham, Bacon)	190	80	9	3	0	65	1490	3	0	1	23
Awakin' with Bacon (Bacon, Eggs)	340	230	26	7	0	270	960	2	0	2	22
Falafel	300	280	31	2.5	0	0	490	24	6	3	6
Hummus	90	60	7	0.5	0	0	120	5	2	1	2
<b>ALL PROTEINS</b>											
Bacon	160	110	12	4	0	30	640	0	0	0	10
Black Bean Patty	110	25	3	0	0	0	730	16	8	1	11
Chicken Breast	160	50	5	1.5	0	75	390	1	0	0	27
Chicken Souvlaki	190	60	7	2	0	80	500	2	0	1	17
Deli Ham	120	35	4	2	0	50	1280	2	0	2	18
Deli Turkey	100	20	2	0	0	50	1060	4	0	0	18
Falafel Balls	210	100	11	1	0	0	430	24	5	3	6
Gyro Strips	370	240	27	11	0	90	910	12	1	1	19
Thinly Sliced Steak	200	80	9	3.5	0	45	400	2	0	2	16
Tuna	70	10	1	0	0	25	230	0	0	0	14
<b>TOPPINGS</b>											
Avocado	45	35	4	0.5	0	0	0	2	2	0	1
Banana Peppers	5	0	0	0	0	0	200	1	1	0	0
Black Olives	20	20	2	0	0	0	180	1	0	0	0
Black Pepper	0	0	0	0	0	0	0	0	0	0	0
Carrots	10	0	0	0	0	0	15	2	1	1	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
CROUTONS	30	10	1	0	0	0	100	5	0	0	1
Cucumbers	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	5	0	0	0	0	0	0	1	0	0	0
Hummus	90	60	7	0.5	0	0	120	5	2	1	2
Iceberg Lettuce	5	0	0	0	0	0	0	1	0	1	0
Jalapenos	0	0	0	0	0	0	340	0	0	0	0
Mushrooms	5	0	0	0	0	0	0	0	0	0	0
Onions	5	0	0	0	0	0	0	1	0	1	0
Pickles	0	0	0	0	0	0	180	0	0	0	0
Pineapple	15	0	0	0	0	0	0	3	0	3	0
Roasted Red Peppers	5	0	0	0	0	0	85	1	0	0	0
Roasted Red Pepper Hummus	80	50	6	0	0	0	85	5	1	1	2
Romaine Lettuce	5	0	0	0	0	0	0	1	1	1	1
Salt	0	0	0	0	0	0	100	0	0	0	0
Spinach	10	0	0	0	0	0	35	2	1	0	1
Tomatoes	10	0	0	0	0	0	0	2	1	1	0
<b>SAUCES</b>											
Ancho Chipotle	90	60	7	1	0	0	250	7	0	4	0
Balsamic Vinaigrette	60	40	4.5	0.5	0	0	180	4	0	4	0
BBQ	70	0	0	0	0	0	270	17	0	15	0
Boom Boom Sauce	160	140	16	2.5	0	15	260	3	0	2	0
Buffalo Sauce	5	5	0	0	0	0	860	1	0	0	0
Caesar	60	45	5	1	0	15	360	4	0	1	1
Honey Mustard	90	70	8	1.5	0	10	130	7	0	6	0
Horseradish Dijon	130	110	12	2	0	10	240	6	0	5	0
Hot Sauce	0	0	0	0	0	0	1130	0	0	0	0
Jalapeno Ranch	110	110	12	1	0	10	230	2	0	1	1
Light Mayo	70	60	7	1	0	10	250	2	0	0	0
Pesto	100	90	9	1.5	0	5	180	1	less than 1g	0	2
Ranch	60	50	5	0	0	5	210	3	0	2	1
Secret Sauce (spicy vinaigrette)	190	190	21	1.5	0	0	65	0	0	0	0
Sour Cream	60	50	6	3.5	0	20	15	2	0	less than 1g	less than 1g
Sriracha	30	0	0	0	0	0	450	6	0	6	0
Teriyaki	30	0	0	0	0	0	230	7	0	6	0
Thai Satay Sauce	70	30	3.5	0	0	0	340	10	0	9	1
Tzatziki	50	35	4	3.5	0	0	70	2	0	1	1
Yellow Mustard	0	0	0	0	0	0	310	0	0	0	0
<b>CHEESES</b>											
Cheddar	110	80	9	5	0	25	180	1	0	0	7
Feta	80	50	6	4	0	20	320	1	1	0	5
Parmesan	50	30	3.5	2	0	5	160	0	0	0	4
Pepper Jack Cheese	100	70	8	4	0	25	160	1	0	0	6
Provolone	80	60	6	4	0	15	200	less than 1g	0	0	6

## NUTRITION FACTS - SMALLER PITA

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>PITA BREADS</b>											
White Pocket Pita	140	10	1	0	0	0	310	29	1	0	5
Whole Wheat Pocket Pita	140	10	1	0	0	0	260	27	3	0	5
Gluten Free Wrap	220	80	9	2	0	0	500	45	4	6	6

### ARTISAN PITAS (totals include specified ingredients)

Chicken Pesto (Chicken Breast, Pesto)	130	70	7	1.5	0	40	280	1	0	0	14
Bacon Cheeseburger (Thinly Sliced Steak, Bacon)	140	70	8	2.5	0	30	360	1	0	1	11
Steak Fajita (Thinly Sliced Steak)	100	40	5	1.5	0	25	200	1	0	1	8
Sriracha Chicken (Chicken Breast, Sriracha)	80	25	2.5	0.5	0	35	230	1	0	less than 1g	13
Baja Chicken Bacon Ranch (Chicken Breast, Bacon, Jalapeno Ranch)	180	110	12	2	0	50	470	2	0	less than 1g	16
Thai Chicken (Chicken Breast, Thai Satay Sauce)	120	40	4.5	0.5	0	35	360	6	0	5	14
Dagwood (Deli Ham, Deli Turkey, Thinly Sliced Steak)	160	50	6	2	0	50	790	3	0	2	17
Boom Boom Black Bean (Black Bean Patty, Boom Boom Sauce)	140	90	10	1	0	5	490	9	4	1	6

### CLASSIC PITAS (totals include specified ingredients)

Gyro	190	120	14	6	0	45	460	6	less than 1g	less than 1g	10
Souvlaki	90	30	3.5	1	0	40	250	1	0	less than 1g	9
Chicken Caesar (Chicken, Bacon)	120	50	6	1.5	0	45	350	less than 1g	0	0	16
Philly (Thinly Sliced Steak)	100	40	5	1.5	0	25	200	1	0	1	8
Buffalo Chicken (Chicken Breast, Buffalo Sauce)	80	30	3	0.5	0	35	620	1	0	0	13
Aloha (Chicken Breast, Ham, Teriyaki)	120	30	3.5	1	0	50	630	4	0	3	18
Club (Turkey, Ham, Bacon)	100	40	5	1.5	0	35	750	2	0	less than 1g	12
Awakin' with Bacon (Bacon, Eggs)	170	110	13	3.5	0	135	480	1	0	1	11
Falafel	150	140	16	1.5	0	0	240	12	3	2	3
Hummus	50	30	3.5	0.5	0	0	60	3	1	less than 1g	1

### ALL PROTEINS

Bacon	80	50	6	2	0	15	320	0	0	0	5
Black Bean Patty	60	15	1.5	0	0	0	370	8	4	less than 1g	6
Chicken Breast	80	25	2.5	0.5	0	35	190	less than 1g	0	0	13
Chicken Souvlaki	90	30	3.5	1	0	40	250	1	0	less than 1g	9
Deli Ham	60	20	2	1	0	25	640	1	0	1	9
Deli Turkey	50	10	1	0	0	25	530	2	0	0	9
Falafel Balls	100	50	5	0.5	0	0	210	12	3	2	3
Gyro Strips	190	120	14	6	0	45	460	6	less than 1g	less than 1g	10
Thinly Sliced Steak	100	40	4.5	1.5	0	25	200	1	0	1	8
Tuna	70	10	1	0	0	25	230	0	0	0	14

### TOPPINGS

Avocado	25	20	2	0	0	0	0	1	1	0	less than 1g
Banana Peppers	0	0	0	0	0	0	100	less than 1g	less than 1g	0	0
Black Olives	10	10	1	0	0	0	90	less than 1g	0	0	0
Black Pepper	0	0	0	0	0	0	0	0	0	0	0
Carrots	5	0	0	0	0	0	10	1	less than 1g	less than 1g	0
Cilantro	0	0	0	0	0	0	0	0	0	0	0
CROUTONS	15	0	0.5	0	0	0	50	3	0	0	less than 1g
Cucumbers	0	0	0	0	0	0	0	0	0	0	0
Green Peppers	0	0	0	0	0	0	0	less than 1g	0	0	0
Iceberg Lettuce	0	0	0	0	0	0	0	less than 1g	0	less than 1g	0
Hummus	45	30	3.5	0	0	0	60	3	1	less than 1g	1
Jalapenos	0	0	0	0	0	0	170	0	0	0	0
Mushrooms	0	0	0	0	0	0	0	0	0	0	0
Onions	0	0	0	0	0	0	0	less than 1g	0	less than 1g	0
Pickles	0	0	0	0	0	0	90	0	0	0	0
Pineapple	5	0	0	0	0	0	0	1	0	1	0
Roasted Red Peppers	0	0	0	0	0	0	45	less than 1g	0	0	0
Roasted Red Pepper Hummus	40	30	3	0	0	0	45	3	less than 1g	less than 1g	1
Romaine Lettuce	0	0	0	0	0	0	0	less than 1g	less than 1g	less than 1g	less than 1g
Salt	0	0	0	0	0	0	50	0	0	0	0
Spinach	5	0	0	0	0	0	20	1	less than 1g	0	less than 1g
Tomatoes	5	0	0	0	0	0	0	1	less than 1g	less than 1g	0

### SAUCES

Ancho Chipotle	45	30	3.5	0.5	0	0	125	4	0	2	0
Balsamic Vinaigrette	30	20	2.5	0	0	0	90	2	0	2	0
BBQ	35	0	0	0	0	0	135	9	0	8	0
Boom Boom Sauce	80	70	8	1	0	5	130	1	0	less than 1g	0
Buffalo Sauce	0	0	0	0	0	0	430	0	0	0	0
Caesar	30	25	2.5	0.5	0	10	180	2	0	less than 1g	less than 1g
Honey Mustard	45	35	4	0.5	0	less than 5 mg	65	3	0	3	0
Horseradish Dijon	70	60	6	1	0	less than 5 mg	120	3	0	2	0
Hot Sauce	0	0	0	0	0	0	570	0	0	0	0
Jalapeno Ranch	55	55	6	0.5	0	5	115	1	0	less than 1g	less than 1g
Light Mayo	35	30	3.5	0	0	less than 5 mg	125	less than 1g	0	0	0
Pesto	50	45	4.5	1	0	less than 5 mg	90	less than 1g	less than 1g	0	1
Ranch	30	25	2.5	0	0	2.5	105	2	0	1	less than 1g
Secret Secret (spicy vinaigrette)	90	90	10	1	0	0	30	0	0	0	0
Sour Cream	30	25	3	1.5	0	10	5	less than 1g	0	0	0
Sriracha	15	0	0	0	0	0	230	3	0	3	0
Teriyaki	15	0	0	0	0	0	115	3	0	3	0
Thai Satay Sauce	35	15	2	0	0	0	170	5	0	5	less than 1g
Tzatziki	25	20	2	2	0	0	35	1	0	less than 1g	less than 1g
Yellow Mustard	0	0	0	0	0	0	160	0	0	0	0

### CHEESES

Cheddar	60	40	4.5	2.5	0	15	90	less than 1g	0	0	4
Feta	40	25	3	2	0	10	160	less than 1g	less than 1g	0	3
Parmesan	25	15	2	1	0	less than 5 mg	80	0	0	0	2
Pepper Jack Cheese	50	35	4	2	0	15	80	less than 1g	0	0	3
Provolone	40	30	3	2	0	8	100	0	0	0	3

## NUTRITION FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>EXTRAS</b>											
Add Bacon	80	55	6	2	0	15	320	0	0	0	5
Add Egg	90	60	7	2	0	120	160	1	0	1	6
Add Avocado	45	35	4	1	0	0	0	2	2	0	1
Add Hummus	90	60	7	1	0	0	120	5	2	1	2
Add Roasted Red Pepper Hummus	80	50	6	0	0	0	85	5	1	1	2
<b>SEASONINGS</b>											
Smokehouse Maple Seasoning	0	0	0	0	0	0	115	0	0	0	0
Mojito Lime Seasoning	0	0	0	0	0	0	130	0	0	0	0
Bayou Cajun Seasoning	0	0	0	0	0	0	60	0	0	0	0
Greek Seasoning	0	0	0	0	0	0	160	0	0	0	0
Garlic Romano Seasoning	5	0	0.5	0.5	0	0	55	0	0	0	0
<b>QUESAPITA</b>											
Feta Quesapita	420	170	19	12	0	60	1350	39	5	0	21
Cheddar Quesapita	510	250	28	15	0	75	930	39	2	0	27
Provolone Quesapita	420	180	20	12	0	50	990	38	2	0	23
Pepperjack Quesapita	480	230	25	12	0	75	870	39	2	0	24
<b>SIDES</b>											
Ancho Chipotle	170	130	14	2	0	0	490	14	0	8	0
Avocado	90	70	8	1	0	0	0	4	4	0	2
Balsamic Vinaigrette	110	80	9	1	0	0	360	8	0	8	0
BBQ	130	0	0	0	0	0	550	34	0	30	0
Boom Boom Sauce	320	290	32	5	0	30	510	6	0	4	0
Buffalo Sauce	15	10	1	0	0	0	1720	1	0	0	0
Caesar	120	90	10	2	0	30	720	8	0	2	2
Honey Mustard	190	140	15	3	0	20	260	13	0	11	0
Horseradish Dijon	260	220	25	4	0	20	470	11	0	9	0
Hot Sauce	0	0	0	0	0	0	2270	0	0	0	0
Hummus	180	130	14	1	0	0	240	10	4	2	4
Jalapeno Ranch	220	220	24	2	0	20	460	4	0	2	2
Light Mayo	130	120	13	2	0	20	490	4	0	0	0
Pesto	190	170	19	3	0	10	360	2	1	0	4
Ranch	120	90	10	0	0	20	420	6	0	4	2
Roasted Red Pepper Hummus	160	110	12	0	0	0	170	10	2	2	4
Secret Sauce (spicy vinaigrette)	370	370	42	3	0	0	130	less than 1mg	0	0	0
Sour Cream	110	100	11	7	0	40	30	4	0	2	2
Sriracha	60	0	0	0	0	0	910	11	0	11	0
Teriyaki	60	0	0	0	0	0	450	13	0	11	0
Thai Satay	140	60	7	0	0	0	680	20	0	18	2
Tzatziki	100	70	8	7	0	0	140	4	0	2	2
Yellow Mustard	0	0	0	0	0	0	620	0	0	0	0
<b>FRUIT</b>											
Apples	100	0	0	0	0	0	0	25	5	19	0
Banana	110	0	0	0	0	0	0	27	3	14	1
Orange	60	0	0	0	0	0	0	15	3	12	1
<b>DRINKS</b>											
Milk Fat Free	80	0	0	0	0	less than 5mg	105	12	0	12	8
Milk 2%	120	45	5	3	0	20	160	12	0	12	8
Milk Whole	150	70	8	5	0	25	105	12	0	12	8
Coffee	5	0	0	0	0	0	0	less than 1mg	0	0	less than 1g
<b>COOKIES</b>											
Blueberry Cranberry White Choco Chip	160	60	7	3	0	10	140	24	0	16	2
Butter Sugar	160	60	7	4	0	15	140	22	less than 1mg	12	2
Butter Toffee	170	70	8	4	0	10	140	23	0	15	2
Carnival M&M	160	60	7	4	0	10	140	24	1	15	2
Choco Chip	170	70	8	4	0	10	120	24	1	15	2
Choco Chip Reeses Pieces	170	70	8	4	0	10	160	23	1	15	2
Choco Chip with Pecan	170	80	9	4	0	10	110	22	1	14	2
Choco Chip with Walnut	170	80	9	4	0	10	110	22	1	13	2
Choco Chunk	160	70	8	4	0	10	125	24	1	14	2
Chocolate with Pink Candy — Breast Cancer	160	70	8	4	0	10	135	23	1	16	2
Cranberry Oatmeal	150	50	6	3	0	10	90	23	1	13	2
Double Choco Chip	160	70	8	5	0	10	135	23	1	15	2
Oatmeal Raisin	160	63	7	4	0	10	130	23	1	13	2
Peanut Butter	170	80	9	4	0	10	170	20	1	12	3
Peanut Butter Chunky Chocolate	160	60	7	3	0	10	140	23	1	16	3
Strawberry Shortcake	160	60	7	4	0	10	135	23	1	15	2
Triple Chocolate	170	70	8	4	0	10	115	23	1	14	2
Turtle Caramel Pecan	170	80	9	3	0	10	140	22	1	14	2
White Chocolate Macadamia Nut	170	80	9	4	0	15	125	22	0	14	2

## NUTRITION FACTS

	Measure	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SOUPS</b>												
Broccoli Cheese- Water	6oz	210	140	15	5	0	15	980	15	2	3	5
Broccoli Cheese- Water	10 oz	350	230	25	9	0	25	1630	25	3	5	8
Broccoli Cheese- Whole Milk	6oz	280	170	19	8	0	25	1030	21	2	9	9
Broccoli Cheese- Whole Milk	10 oz	420	260	29	11	0	35	1680	31	3	11	12
Chicken Noodle- Water	6 oz	120	35	4	2	0	30	1280	14	2	3	9
Chicken Noodle- Water	10oz	200	60	6	3	0	50	2130	23	3	5	15
Chicken Noodle- Whole Milk	6 oz	190	70	8	4	0	40	1330	20	2	9	13
Chicken Noodle- Whole Milk	10oz	270	90	10	5	0	60	2180	29	3	11	19
Tomato Basil Bisque- Water	6 oz	200	110	12	5	0	15	1170	18	3	12	3
Tomato Basil Bisque- Water	10 oz	330	180	20	8	0	25	1950	30	5	20	5
Tomato Basil Bisque- Whole Milk	6 oz	270	140	16	7	0	25	1220	24	3	18	7
Tomato Basil Bisque- Whole Milk	10oz	400	220	24	10	0	35	2000	36	5	26	9
Ultimate Baked Potato- Water	6 oz	260	120	14	5	0	25	1170	24	2	2	9
Ultimate Baked Potato- Water	10 oz	430	200	23	9	0	40	1950	40	3	3	15
Ultimate Baked Potato- Whole Milk	6 oz	330	160	18	8	0	35	1220	30	2	8	13
Ultimate Baked Potato- Whole Milk	10 oz	500	240	27	11	0	50	2000	46	3	9	19
Cheesy Chicken Enchilada	6 oz	240	80	9	5	0	30	1560	26	5	8	14
Cheesy Chicken Enchilada	10 oz	400	140	15	9	0	50	2600	43	8	13	23
New England Clam Chowder- Water	6 oz	170	50	6	3	0	15	1190	23	2	2	5
New England Clam Chowder- Water	10 oz	280	90	10	5	0	25	1980	38	3	3	8
New England Clam Chowder- Whole Milk	6 oz	240	90	10	5	0	25	1240	29	2	8	9
New England Clam Chowder- Whole Milk	10 oz	350	130	14	7	0	35	2030	44	3	9	12
Garden Vegetable- Water	6 oz	110	15	2	0	0	0	1160	20	3	9	2
Garden Vegetable- Water	10 oz	180	25	3	0	0	0	1930	33	5	15	3
Garden Vegetable- Whole Milk	6 oz	180	50	6	3	0	10	1210	26	3	15	6
Garden Vegetable- Whole Milk	10oz	250	60	7	3	0	10	1980	39	5	21	7
Chicken And Andouille Sausage Gumbo- Water	6 oz	180	45	5	2	0	25	1200	21	2	5	11
Chicken And Andouille Sausage Gumbo- Water	10 oz	300	80	9	3	0	40	2000	35	3	8	18
Chicken And Andouille Sausage Gumbo- Whole Milk	6 oz	250	80	9	4	0	35	1250	27	2	11	15
Chicken And Andouille Sausage Gumbo- Whole Milk	10 oz	370	110	13	5	0	50	2050	41	3	14	22
Italian Style Wedding- Water	6 oz	170	45	5	2	0	15	1110	21	2	3	8
Italian Style Wedding- Water	10 oz	280	80	9	3	0	25	1850	35	3	5	13
Italian Style Wedding- Whole Milk	6 oz	240	80	9	4	0	25	1160	27	2	9	12
Italian Style Wedding- Whole Milk	10oz	350	110	13	5	0	35	1900	41	3	11	17
Minestrone- Water	6 oz	120	15	2	1	0	0	1110	21	6	6	6
Minestrone- Water	10 oz	200	25	3	2	0	0	1850	35	10	10	10
Minestrone- Whole Milk	6 oz	190	50	6	3	0	10	1160	27	6	12	10
Minestrone- Whole Milk	10 oz	270	60	7	4	0	10	1900	41	10	16	14
Chicken And Wild Rice- Water	6 oz	180	70	8	3	0	25	1170	21	2	3	8
Chicken And Wild Rice- Water	10 oz	300	110	13	5	0	40	1950	35	3	5	13
Chicken And Wild Rice- Whole Milk	6 oz	250	100	12	5	0	35	1220	27	2	9	12
Chicken And Wild Rice- Whole Milk	10oz	370	150	17	7	0	50	2000	41	3	11	17
Chicken And Dumpling- Water	6 oz	210	45	5	3	0	55	1170	30	3	3	11
Chicken And Dumpling- Water	10 oz	350	80	9	4	0	90	1950	50	5	5	18
Chicken And Dumpling- Whole Milk	6 oz	280	80	9	5	0	65	1220	36	3	9	15
Chicken And Dumpling- Whole Milk	10 oz	420	110	13	6	0	100	2000	56	5	11	22
Buffalo Style Chicken- Water	6 oz	290	160	18	6	0	60	1140	20	2	3	12
Buffalo Style Chicken- Water	10 oz	480	270	30	10	0	100	1900	33	3	5	20
Buffalo Style Chicken- Whole Milk	6 oz	360	200	22	8	0	70	1190	26	2	9	16
Buffalo Style Chicken- Whole Milk	10oz	550	310	34	12	0	110	1950	39	3	11	24
Chicken Tortilla- Water	6 oz	140	25	3	1	0	15	1050	21	5	6	6
Chicken Tortilla- Water	10 oz	230	45	5	2	0	25	1750	35	8	10	10
Chicken Tortilla- Whole Milk	6 oz	210	60	7	3	0	25	1100	27	5	12	10
Chicken Tortilla- Whole Milk	10 oz	300	80	9	4	0	35	1800	41	8	16	14
Wisconsin Cheddar- Water	6 oz	270	180	20	11	0	40	1190	15	0	5	8
Wisconsin Cheddar- Water	10 oz	450	290	33	18	0	65	1980	25	0	8	13
Wisconsin Cheddar- Whole Milk	6 oz	340	210	24	13	0	50	1240	21	0	11	12
Wisconsin Cheddar- Whole Milk	10oz	520	330	37	20	0	75	2030	31	0	14	17

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SMOOTHIES</b>											
Banana Very Berry Smoothie	240	0	0	0	0	less than 5mg	95	59	3	37	4
Berry Go Round Smoothie	250	0	0	0	0	less than 5mg	55	58	5	47	3
Blu Bayou Smoothie	210	0	0	0	0	less than 5mg	95	52	4	36	3
Mango Tango Smoothie	220	0	0	0	0	less than 5mg	65	52	3	34	2

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>COCA-COLA BREWED TEA BEVERAGES</b>											
FUZE Brewed Tea Green Tea Sweet	140	0	0	0	0	0	60	37	0	37	0
FUZE Brewed Tea Raspberry Tea Sweet	220	0	0	0	0	0	60	59	0	56	0
FUZE Brewed Tea Southern Tea Sweet	250	0	0	0	0	0	60	68	0	68	0
FUZE Brewed Tea Strawberry Kiwi Tea Sweet	240	0	0	0	0	0	60	62	0	62	0
FUZE Brewed Tea Half & Half Tea with Lemonade	240	0	0	0	0	0	60	62	0	62	0
FUZE Brewed Tea Unsweetened	0	0	0	0	0	0	60	less than 1 g	0	less than 1 g	0
Gold Peak Classic Blend Tea	0	0	0	0	0	0	60	0	0	0	0
Gold Peak Green Tea	0	0	0	0	0	0	60	0	0	0	0
Gold Peak Passionfruit Mango Tea	0	0	0	0	0	0	60	0	0	0	0
Gold Peak Raspberry Lemonade Tea	130	0	0	0	0	0	60	33	0	33	0
Gold Peak Peach Papaya Green Tea	130	0	0	0	0	0	60	34	0	34	0
Gold Peak Strawberry Kiwi Tea	130	0	0	0	0	0	60	33	0	33	0
Honest Brewed Classic Green Tea	130	0	0	0	0	0	75	31	0	31	0
Honest Brewed Just Iced Tea	0	0	0	0	0	0	60	0	0	0	0
Honest Brewed Lemon Herbal Tea	130	0	0	0	0	0	75	31	0	31	0
Honest Brewed Raspberry Tea	130	0	0	0	0	0	75	31	0	31	0

## NUTRITION FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>COCA-COLA FREESTYLE BEVERAGES</b>											
Barq's Root Beer	290	0	0	0	0	0	0	0	0	0	0
Barq's Root Beer with Vanilla	290	0	0	0	0	0	65	79	0	79	0
Caffeine Free Diet Coke	0	0	0	0	0	0	65	79	0	79	0
Caffeine Free Diet Coke with Orange	0	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Cherry	5	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Lime	10	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Lemon	0	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Vanilla	5	0	0	0	0	0	65	0	0	0	0
Caffeine Free Diet Coke with Cherry Vanilla	5	0	0	0	0	0	65	0	0	0	0
Coca-Cola	260	0	0	0	0	0	65	0	0	0	0
Coke with Orange	270	0	0	0	0	0	60	70	0	70	0
Coke with Cherry	270	0	0	0	0	0	70	73	0	73	0
Coke with Lime	270	0	0	0	0	0	65	73	0	73	0
Coke with Raspberry	270	0	0	0	0	0	65	73	0	73	0
Coke with Lemon	270	0	0	0	0	0	65	73	0	73	0
Coke with Vanilla	270	0	0	0	0	0	65	73	0	73	0
Coke with Cherry Vanilla	270	0	0	0	0	0	65	73	0	73	0
Coke Zero	0	0	0	0	0	0	65	73	0	73	0
Coke Zero with Orange	0	0	0	0	0	0	65	0	0	0	0
Coke Zero with Cherry	5	0	0	0	0	0	65	0	0	0	0
Coke Zero with Lime	10	0	0	0	0	0	65	0	0	0	0
Coke Zero with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Coke Zero with Lemon	0	0	0	0	0	0	65	0	0	0	0
Coke Zero with Vanilla	5	0	0	0	0	0	65	0	0	0	0
Coke Zero with Cherry Vanilla	5	0	0	0	0	0	65	0	0	0	0
Dasani with Orange	0	0	0	0	0	0	65	0	0	0	0
Dasani with Cherry	0	0	0	0	0	0	65	0	0	0	0
Dasani with Lime	0	0	0	0	0	0	65	0	0	0	0
Dasani with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Dasani with Lemon	0	0	0	0	0	0	65	0	0	0	0
Dasani with Strawberry	0	0	0	0	0	0	65	0	0	0	0
Dasani with Grape	0	0	0	0	0	0	65	0	0	0	0
Dasani with Peach	5	0	0	0	0	0	65	0	0	0	0
Dasani Sparkling Seltzer Water	0	0	0	0	0	0	65	0	0	0	0
Dasani Sparkling Lemon Lime Seltzer Water	5	0	0	0	0	0	65	0	0	0	0
Diet Barq's Root Beer	0	0	0	0	0	0	65	0	0	0	0
Diet Barq's Root Beer with Vanilla	0	0	0	0	0	0	70	0	0	0	0
Diet Coke	0	0	0	0	0	0	70	0	0	0	0
Diet Coke with Orange	0	0	0	0	0	0	65	0	0	0	0
Diet Coke with Cherry	5	0	0	0	0	0	65	0	0	0	0
Diet Coke with Lime	10	0	0	0	0	0	65	0	0	0	0
Diet Coke with Raspberry	0	0	0	0	0	0	65	0	0	0	0
Diet Coke with Lemon	0	0	0	0	0	0	65	0	0	0	0
Diet Coke with Vanilla	5	0	0	0	0	0	65	0	0	0	0
Diet Coke with Cherry Vanilla	5	0	0	0	0	0	65	0	0	0	0
Fanta Orange	290	0	0	0	0	0	65	0	0	0	0
Fanta Cherry	290	0	0	0	0	0	70	78	0	78	0
Fanta Lime	290	0	0	0	0	0	60	78	0	78	0
Fanta Raspberry	290	0	0	0	0	0	60	78	0	78	0
Fanta Fruit Punch	300	0	0	0	0	0	60	78	0	78	0
Fanta Strawberry	300	0	0	0	0	0	60	78	0	78	0
Fanta Grape	290	0	0	0	0	0	60	78	0	78	0
Fanta Peach	290	0	0	0	0	0	60	78	0	78	0
Fanta Vanilla (Specialty)	290	0	0	0	0	0	65	78	0	78	0
Fanta Zero Orange	0	0	0	0	0	0	60	78	0	78	0
Fanta Zero Cherry	5	0	0	0	0	0	75	0	0	0	0
Fanta Zero Lime	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Raspberry	5	0	0	0	0	0	65	0	0	0	0
Fanta Zero Fruit Punch	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Strawberry	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Grape	10	0	0	0	0	0	65	0	0	0	0
Fanta Zero Peach	10	0	0	0	0	0	65	0	0	0	0
Diet Fanta Vanilla (Specialty)	5	0	0	0	0	0	70	0	0	0	0
Fruitwater Fizzy Lemonade	0	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Mixed Berry	15	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Strawberry Lemonade	5	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Lemon-Lime	10	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Peach Lemonade	0	0	0	0	0	0	65	0	0	0	0
Fruitwater Fizzy Cherry-Lime	10	0	0	0	0	0	65	0	0	0	0
FUZE Sweet Tea	220	0	0	0	0	0	65	0	0	0	0
FUZE Raspberry Tea	220	0	0	0	0	0	60	59	0	59	0
FUZE Lemon Tea	220	0	0	0	0	0	60	59	0	59	0
FUZE Strawberry Tea	220	0	0	0	0	0	65	59	0	59	0
FUZE Peach Tea	230	0	0	0	0	0	60	59	0	59	0
FUZE Raspberry Peach Tea	230	0	0	0	0	0	65	59	0	59	0
FUZE Unsweetened Tea	5	0	0	0	0	0	65	59	0	59	0
FUZE Diet Tea	5	0	0	0	0	0	60	0	0	0	0
FUZE Diet Raspberry Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Lemon Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Strawberry Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Peach Tea	10	0	0	0	0	0	65	0	0	0	0
FUZE Diet Raspberry Peach Tea	10	0	0	0	0	0	65	0	0	0	0
Hi-C Orange	300	0	0	0	0	0	65	0	0	0	0
Hi-C Cherry	310	0	0	0	0	0	70	80	0	79	0
Hi-C Raspberry	310	0	0	0	0	0	60	79	0	79	0
Hi-C Lemon	300	0	0	0	0	0	60	79	0	79	0
Hi-C Fruit Punch	320	0	0	0	0	0	65	79	0	79	0
Hi-C Strawberry	310	0	0	0	0	0	60	79	0	79	0
Hi-C Grape	310	0	0	0	0	0	60	79	0	79	0
Hi-C Raspberry Lime	310	0	0	0	0	0	60	79	0	79	0
Hi-C Orange Vanilla	310	0	0	0	0	0	60	79	0	79	0
Master Pour Black Cherry (Specialty)	270	0	0	0	0	0	65	79	0	79	0
Master Pour Black Cherry Light (Specialty)	170	0	0	0	0	0	65	73	0	73	0

# NUTRITION FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>COCA-COLA FREESTYLE BEVERAGES (CONTINUED)</b>											
Mello Yello	220	0	0	0	0	0	65	44	0	44	0
Mello Yello Orange	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Cherry	220	0	0	0	0	0	70	58	0	58	0
Mello Yello Raspberry	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Fruit Punch	230	0	0	0	0	0	65	60	0	60	0
Mello Yello Strawberry	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Grape	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Peach	220	0	0	0	0	0	65	60	0	60	0
Mello Yello with Strawberry Peach (Specialty)	220	0	0	0	0	0	65	60	0	60	0
Mello Yello Zero	0	0	0	0	0	0	65	59	0	59	0
Mello Yello Zero Orange	0	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Cherry	0	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Raspberry	5	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Fruit Punch	10	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Strawberry	5	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Grape	5	0	0	0	0	0	70	0	0	0	0
Mello Yello Zero Peach	5	0	0	0	0	0	70	0	0	0	0
diet Mello Yello with Strawberry Peach (Specialty)	10	0	0	0	0	0	70	0	0	0	0
Minute Maid Lemonade	280	0	0	0	0	0	70	0	0	0	0
Minute Maid Lemonade with Orange	280	0	0	0	0	0	120	73	0	73	0
Minute Maid Lemonade with Raspberry	280	0	0	0	0	0	125	73	0	73	0
Minute Maid Lemonade with Strawberry	290	0	0	0	0	0	120	73	0	73	0
Minute Maid Lemonade with Peach	280	0	0	0	0	0	120	73	0	73	0
Minute Maid Pink Lemonade	280	0	0	0	0	0	125	73	0	73	0
Minute Maid Lemonade with Lime	290	0	0	0	0	0	120	73	0	73	0
Minute Maid Light Lemonade	15	0	0	0	0	0	120	73	0	73	0
Minute Maid Light Lemonade with Orange	15	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Raspberry	15	0	0	0	0	0	130	0	0	0	0
Minute Maid Light Lemonade with Strawberry	20	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Peach	15	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Pink Lemonade	15	0	0	0	0	0	125	0	0	0	0
Minute Maid Light Lemonade with Lime	20	0	0	0	0	0	125	0	0	0	0
Pibb Xtra	260	0	0	0	0	0	125	0	0	0	0
Pibb Xtra Cherry	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Raspberry	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Vanilla	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Cherry Vanilla	260	0	0	0	0	0	70	68	0	68	0
Pibb Xtra Raspberry Vanilla	260	0	0	0	0	0	70	68	0	68	0
Pibb Zero	5	0	0	0	0	0	70	68	0	68	0
Pibb Zero Cherry	10	0	0	0	0	0	75	0	0	0	0
Pibb Zero Raspberry	10	0	0	0	0	0	75	0	0	0	0
Pibb Zero Vanilla	10	0	0	0	0	0	75	0	0	0	0
Pibb Zero Cherry Vanilla	15	0	0	0	0	0	75	0	0	0	0
Pibb Zero Raspberry Vanilla	15	0	0	0	0	0	75	0	0	0	0
POWERRade Orange	170	0	0	0	0	0	75	0	0	0	0
POWERRade Cherry	170	0	0	0	0	0	200	44	0	44	0
POWERRade Lime	170	0	0	0	0	0	200	44	0	44	0
POWERRade Raspberry	170	0	0	0	0	0	200	44	0	44	0
POWERRade Lemon	170	0	0	0	0	0	200	44	0	44	0
POWERRade Fruit Punch	170	0	0	0	0	0	200	44	0	44	0
POWERRade Strawberry	170	0	0	0	0	0	200	44	0	44	0
POWERRade Grape	170	0	0	0	0	0	200	44	0	44	0
POWERRade Zero Orange	5	0	0	0	0	0	200	44	0	44	0
POWERRade Zero Cherry	5	0	0	0	0	0	200	0	0	0	0
POWERRade Zero Lime	5	0	0	0	0	0	200	0	0	0	0
POWERRade Zero Raspberry	10	0	0	0	0	0	200	0	0	0	0
POWERRade Zero Lemon	0	0	0	0	0	0	200	0	0	0	0
POWERRade Zero Fruit Punch	10	0	0	0	0	0	200	0	0	0	0
POWERRade Zero Strawberry	5	0	0	0	0	0	200	0	0	0	0
POWERRade Zero Grape	5	0	0	0	0	0	200	0	0	0	0
Sprite	250	0	0	0	0	0	200	0	0	0	0
Sprite with Orange	250	0	0	0	0	0	65	67	0	67	0
Sprite with Cherry	260	0	0	0	0	0	70	68	0	67	0
Sprite with Raspberry	260	0	0	0	0	0	65	67	0	67	0
Sprite with Vanilla	260	0	0	0	0	0	65	67	0	67	0
Sprite with Strawberry	260	0	0	0	0	0	65	67	0	67	0
Sprite with Grape	260	0	0	0	0	0	65	67	0	67	0
Sprite with Peach	260	0	0	0	0	0	65	67	0	67	0
Sprite with Peach Vanilla (Specialty)	260	0	0	0	0	0	65	68	0	67	0
Sprite Zero	10	0	0	0	0	0	65	68	0	67	0
Sprite Zero with Orange	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Cherry	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Raspberry	15	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Vanilla	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Strawberry	15	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Grape	10	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Peach	15	0	0	0	0	0	65	0	0	0	0
Sprite Zero with Peach Vanilla (Specialty)	15	0	0	0	0	0	70	0	0	0	0
Seagram's Ginger Ale	170	0	0	0	0	0	65	0	0	0	0
Seagram's Ginger Ale with Orange	170	0	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Cherry	180	0	0	0	0	0	65	45	0	45	0
Seagram's Ginger Ale with Lime	180	0	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Raspberry	180	0	0	0	0	0	60	45	0	45	0
Seagram's Ginger Ale with Vanilla	180	0	0	0	0	0	60	45	0	45	0
Diet Seagram's Ginger Ale	10	0	0	0	0	0	60	45	0	45	0
Diet Seagram's Ginger Ale with Orange	10	0	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Cherry	10	0	0	0	0	0	70	0	0	0	0
Diet Seagram's Ginger Ale with Lime	15	0	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Raspberry	10	0	0	0	0	0	65	0	0	0	0
Diet Seagram's Ginger Ale with Vanilla	10	0	0	0	0	0	65	0	0	0	0
Vitaminwater Orangeade-C	120	0	0	0	0	0	65	0	0	0	0
Vitaminwater Lemonade-C	130	0	0	0	0	0	70	33	0	32	0
Vitaminwater Pink Squeezed	130	0	0	0	0	0	65	34	0	33	0
Vitaminwater Tropical-C	130	0	0	0	0	0	65	33	0	33	0

## NUTRITION FACTS

	Calories	Total Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>COCA-COLA LEGACY FOUNTAIN BEVERAGES</b>											
Barq's Caffeine Free Root Beer	310	0	0	0	0	0	130	86	0	86	0
Barq's Root Beer	310	0	0	0	0	0	130	86	0	86	0
Barq's Red Crème Soda	320	0	0	0	0	0	115	87	0	87	0
Caffeine-free Diet Coke	0	0	0	0	0	0	90	0	0	0	0
Cherry Coca-Cola	290	0	0	0	0	0	75	80	0	80	0
Coca-Cola	280	0	0	0	0	0	60	76	0	76	0
Coca-Cola Zero	0	0	0	0	0	0	75	0	0	0	0
Diet Coke	0	0	0	0	0	0	90	0	0	0	0
Diet Coke with Lime	5	0	0	0	0	0	90	0	0	0	0
Fanta Apple	320	0	0	0	0	0	105	85	0	85	0
Fanta Birch Beer	300	0	0	0	0	0	95	82	0	82	0
Fanta Blue Raspberry	330	0	0	0	0	0	90	89	0	89	0
Fanta Cherry	300	0	0	0	0	0	85	81	0	81	0
Fanta Fruit Punch	300	0	0	0	0	0	95	79	0	79	0
Fanta Grape	320	0	0	0	0	0	85	85	0	85	0
Fanta Kiwi-Strawberry	340	0	0	0	0	0	90	90	0	90	0
Fanta Orange	300	0	0	0	0	0	90	80	0	80	0
Fanta Red	300	0	0	0	0	0	75	82	0	81	0
Fanta Strawberry	320	0	0	0	0	0	90	88	0	88	0
Fanta Strawberry (Texas Only)	290	0	0	0	0	0	70	79	0	79	0
Fresca	0	0	0	0	0	0	85	2	0	0	0
Fruitopia Strawberry Passion Awareness	330	0	0	0	0	0	95	90	0	87	0
Full Throttle Twisted	300	0	0	0	0	0	220	79	0	79	0
Fuze Lemon Black Tea	170	0	0	0	0	0	80	44	0	44	0
Fuze Peach Tea	170	0	0	0	0	0	80	44	0	44	0
Fuze Raspberry Tea	170	0	0	0	0	0	80	44	0	44	0
Fuze Sweet Tea	160	0	0	0	0	0	85	44	0	44	0
Fuze Unsweet Tea	5	0	0	0	0	0	80	0	0	0	0
Glaceau vitaminwater essential	140	0	0	0	0	0	70	37	0	35	0
Glaceau vitaminwater revive	140	0	0	0	0	0	70	36	0	35	0
Glaceau vitaminwater XXX	130	0	0	0	0	0	70	36	0	35	0
Glaceau vitaminwater XXX zero	0	0	0	0	0	0	70	less than 1 g	0	0	0
Glaceau vitaminwatersqueezed zero	5	0	0	0	0	0	70	2	0	0	0
Gold Peak Raspberry Tea	170	0	0	0	0	0	80	47	0	47	0
Gold Peak Peach Tea	170	0	0	0	0	0	80	44	0	44	0
Gold Peak Citrus White Tea	240	0	0	0	0	0	80	62	0	62	0
Gold Peak Diet Black Tea	0	0	0	0	0	0	85	less than 1 g	0	0	0
Gold Peak Diet Green Tea	5	0	0	0	0	0	80	less than 1 g	0	less than 1 g	0
Gold Peak Sweetened Green Tea	170	0	0	0	0	0	90	47	0	47	0
Gold Peak Premium Unsweetened Tea	0	0	0	0	0	0	80	0	0	0	0
Gold Peak Southern Style Tea	270	0	0	0	0	0	85	69	0	68	0
Gold Peak Sweetened Black Tea	220	0	0	0	0	0	85	59	0	59	0
Hi-C Flashn' Fruit Punch	290	0	0	0	0	0	100	81	0	79	0
Hi-C Orange Lavaburst	310	0	0	0	0	0	75	86	0	84	0
Hi-C Poppin' Pink Lemonade	270	0	0	0	0	0	190	75	0	72	0
Mello Yello	300	0	0	0	0	0	85	81	0	80	0
Minute Maid Lemonade	270	0	0	0	0	0	190	75	0	72	0
Minute Maid Light Lemonade	15	0	0	0	0	0	75	0	0	0	0
Minute Maid Light Pomegranate Lemonade	15	0	0	0	0	0	115	3	0	0	0
Minute Maid Limeade	310	0	0	0	0	0	95	88	0	87	0
Pibb Xtra	270	0	0	0	0	0	100	74	0	74	0
POWERade Fruit Punch	160	0	0	0	0	0	220	45	0	42	0
POWERade Lemon-Lime	160	0	0	0	0	0	220	42	0	41	0
POWERade Mountain Blast	160	0	0	0	0	0	210	42	0	42	0
Red Flash	300	0	0	0	0	0	120	79	0	79	0
Seagram's Ginger Ale	250	0	0	0	0	0	80	68	0	68	0
Seagram's Ginger Ale Reduced Calorie	180	0	0	0	0	0	80	47	0	47	0
Seagram's Tonic Water	240	0	0	0	0	0	90	62	0	62	0
Sprite	270	0	0	0	0	0	125	74	0	74	0
Sprite Zero	5	0	0	0	0	0	80	0	0	0	0
Vanilla Coke	290	0	0	0	0	0	75	79	0	79	0