



Nutrition Guide

NOTE: When printing this guide your printer's layout properties will need to be set to landscape orientation.

Burgers

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
SONIC® Burger (w/ Mayonnaise)	248	650	340	37	10	1	70	720	55	5	11	26	6%	10%	15%	25%
SONIC® Burger (w/ Mustard)	241	560	240	26	9	1	60	750	54	5	11	26	6%	10%	15%	25%
SONIC® Burger (w/ Ketchup)	248	560	240	26	9	1	60	820	57	5	14	26	8%	15%	15%	30%
SONIC® Cheeseburger (w/ Mayonnaise)	266	720	380	42	14	1.5	90	1040	56	5	12	29	10%	10%	25%	25%
SONIC® Cheeseburger (w/ Mustard)	259	620	280	31	12	1.5	75	1070	55	5	12	29	10%	10%	25%	25%
SONIC® Cheeseburger (w/ Ketchup)	266	630	280	31	12	1.5	75	1140	59	5	15	29	15%	15%	25%	30%
SONIC® Bacon Cheeseburger (w/ Mayonnaise)	279	780	430	48	16	1.5	100	1300	57	5	12	33	10%	10%	25%	30%
SuperSONIC® Cheeseburger (w/ Mayonnaise)	343	980	570	64	24	2.5	165	1430	58	5	13	46	15%	10%	35%	35%
SuperSONIC® Cheeseburger (w/ Mustard)	336	890	470	53	22	2.5	155	1460	57	5	13	46	15%	10%	35%	35%
SuperSONIC® Cheeseburger (w/ Ketchup)	343	900	470	53	22	2.5	155	1540	60	5	16	46	20%	15%	35%	35%
Jr. Burger	117	310	130	15	5	0.5	35	610	30	3	7	15	4%	4%	10%	15%
Jr. Deluxe Burger	134	350	180	20	6	0.5	40	440	28	3	4	15	2%	4%	10%	15%
Jr. Bacon Cheeseburger	142	410	200	23	10	1	60	1060	31	3	8	20	8%	4%	20%	15%
California Cheeseburger	266	690	350	39	13	1.5	80	1060	57	5	13	29	15%	10%	25%	25%
SuperSONIC® Jalapeno Cheeseburger	313	890	470	53	22	2.5	155	1600	56	5	12	46	15%	2%	35%	35%
Thousand Island Burger	248	610	290	32	10	1	65	810	56	5	13	26	10%	10%	15%	25%
Jalapeno Cheeseburger	236	620	280	31	12	1.5	80	1200	54	5	11	28	8%	2%	25%	30%
Jalapeno Burger	218	550	230	26	9	1	60	880	53	5	10	25	4%	2%	15%	30%
Green Chili Cheeseburger	287	630	280	31	12	1.5	75	1070	56	5	12	29	10%	25%	25%	25%
Chili Cheeseburger	226	660	310	35	14	1.5	85	990	56	5	11	31	10%	2%	25%	30%
Hickory Cheeseburger	236	640	280	31	12	1.5	75	1170	61	5	17	28	10%	8%	25%	30%
Jr. Double Cheeseburger	190	570	320	35	16	1.5	110	1290	33	3	9	30	15%	4%	30%	20%

Upgrades

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Cheese	18	60	45	5	3	0	20	310	2	0	1	3	6%	0%	10%	0%
Bacon	13	70	50	5	2	0	15	260	0	0	0	4	0%	0%	0%	2%
Chili	33	50	35	3.5	1.5	0	10	160	2	1	1	3	6%	2%	2%	2%
Jalapeno	21	5	0	0	0	0	0	280	1	1	0	0	2%	0%	2%	2%
Green Chiles	28	5	0	0	0	0	0	5	1	0	0	0	0%	15%	0%	0%
Slaw	28	45	30	3	0.5	0	5	45	4	1	1	0	4%	80%	2%	0%
Grilled Onions	28	25	15	2	0	0	0	200	2	1	1	0	0%	0%	0%	2%

Kids' Meal

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Jr. Burger	117	310	130	15	5	0.5	35	610	30	3	7	15	4%	4%	10%	15%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%
Grilled Cheese	110	380	180	20	8	0.5	35	1010	39	2	6	12	15%	0%	25%	4%
Chicken Strips (2)	70	200	100	11	2	0	30	470	10	1	0	14	0%	2%	0%	4%
Fresh Banana	120	110	5	0	0	0	0	0	27	3	15	1	2%	15%	0%	2%
Apple Slices	68	35	0	0	0	0	0	0	9	2	7	0	0%	80%	0%	0%
Apple Slices w/ Fat-Free Caramel Dipping Sauce	96	120	0	0	0	0	0	60	27	2	23	0	0%	80%	2%	0%
Milk (1%)	244	110	20	2.5	1.5	0	10	130	13	0	12	8	10%	0%	30%	0%
Milk Chocolate (1%)	244	160	20	2.5	1.5	0	10	210	27	0	25	8	10%	0%	30%	2%

TOASTER® Sandwiches

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Chicken Club TOASTER® Sandwich	257	740	410	46	11	0.5	80	1740	55	4	7	29	15%	6%	20%	15%
Bacon Cheeseburger TOASTER® Sandwich	243	670	350	39	14	1.5	90	1440	52	3	13	29	15%	10%	20%	15%
BLT TOASTER® Sandwich	149	500	260	29	7	1	40	950	45	2	7	17	8%	6%	10%	10%
Country Fried Steak TOASTER® Sandwich	243	670	340	37	10	0	50	1370	71	4	6	14	8%	6%	10%	15%

Salads

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Grilled Chicken Salad	338	250	90	10	6	0	100	1070	12	3	6	29	80%	30%	20%	6%
Crispy Chicken Salad	326	340	170	19	5	0	50	970	24	5	6	20	70%	30%	15%	10%

Hidden Valley® Ranch Dressings

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Original Ranch Dressing	42.5	190	180	20	3.5	0	15	380	2	0	1	1	0%	0%	0%	0%
Original Light Ranch Dressing	42.5	110	45	5	1	0	10	590	14	0	3	3	0%	0%	10%	0%
Honey Mustard	42.5	180	140	16	2.5	0	10	240	10	0	8	1	0%	0%	0%	0%
Fat Free Italian	42.5	40	0	0	0	0	0	450	10	0	3	0	10%	2%	0%	0%
Thousand Island	42.5	190	170	19	3	0	20	440	7	0	5	1	10%	2%	0%	0%

Wraps

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Grilled Chicken Wrap	250	390	130	14	3.5	0	80	1420	39	2	5	28	6%	8%	20%	15%
Crispy Chicken Wrap	234	490	210	23	5	0	40	1280	49	3	5	21	6%	10%	15%	15%
FRITOS® Chili Cheese Wrap	241	670	350	39	13	0.5	50	1420	66	4	3	21	20%	4%	35%	20%

Chicken

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Chicken Strip Dinner (4)	385	930	390	43	8	1	65	1610	100	7	7	36	2%	8%	8%	20%
Grilled Chicken Bacon Ranch	253	470	200	22	7	0	105	1620	35	3	10	35	10%	8%	20%	10%
Crispy Chicken Bacon Ranch	255	610	310	34	9	0.5	70	1730	48	4	10	30	10%	8%	20%	15%
Grilled Chicken Sandwich	222	400	170	19	2.5	0	80	960	32	3	8	28	6%	6%	10%	15%
Crispy Chicken Sandwich	224	560	290	32	4.5	0	45	1070	46	4	8	22	6%	6%	10%	15%
Jumbo Popcorn Chicken® - Small (4oz)	113	380	190	22	4	0	45	1250	27	3	1	18	0%	0%	2%	10%
Jumbo Popcorn Chicken® - Large (6oz)	170	560	290	32	6	0.5	65	1890	41	5	2	27	0%	0%	4%	15%
Ranch Sauce	28	150	140	16	2.5	0	10	210	1	0	1	0	0%	0%	0%	0%
Honey Mustard Sauce	28	90	70	7	1	0	10	190	7	0	5	0	0%	0%	0%	0%
BBQ Sauce	28	45	0	0	0	0	0	390	11	0	7	0	2%	0%	0%	2%

Coneys

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Ex-Long Chili Cheese Coney	258	660	350	39	15	1	95	1860	55	4	7	28	15%	2%	30%	25%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%
Regular Coney	149	390	210	23	9	0.5	60	1090	32	2	4	17	10%	2%	20%	15%

Snacks & Sides

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Onion Rings - Medium	156	440	190	21	3.5	0	0	430	55	3	14	6	0%	0%	2%	6%
Onion Rings - Large	227	640	280	31	5	0.5	0	630	80	4	20	9	0%	0%	4%	8%
Tots - Small	44	130	70	8	1.5	0	0	270	13	1	0	1	0%	0%	2%	2%
Tots - Medium	70	200	120	13	2.5	0	0	440	20	2	0	2	0%	0%	2%	2%
Tots - Large	115	330	190	21	4	0	0	720	33	4	0	2	0%	0%	2%	2%
Tots w/cheese - Small	62	190	120	13	4.5	0	20	590	14	1	1	4	6%	0%	10%	2%
Tots w/cheese - Medium	97	300	190	21	7	0.5	25	910	22	2	1	6	8%	0%	15%	2%
Tots w/cheese - Large	151	460	280	32	10	0.5	35	1350	36	4	2	9	10%	0%	20%	2%
Tots w/chili & cheese - Small	91	220	140	16	6	0	25	540	16	2	1	7	10%	2%	10%	4%
Tots w/chili & cheese - Medium	158	370	240	27	9	0.5	40	920	26	3	1	12	15%	2%	20%	8%
Tots w/chili & cheese - Large	243	570	370	41	14	1	55	1410	42	5	2	17	25%	4%	25%	10%
French Fries - Small	71	200	70	8	1.5	0	0	270	30	2	0	2	0%	2%	2%	2%
French Fries - Medium	113	330	120	13	2.5	0	0	440	48	4	0	4	0%	4%	2%	4%
French Fries - Large	156	450	160	18	3.5	0	0	600	67	5	0	5	0%	6%	2%	6%
French Fries w/cheese - Small	89	270	120	13	5	0	20	590	32	2	1	5	6%	2%	10%	2%
French Fries w/cheese - Medium	140	420	190	21	7	0	30	910	51	4	1	8	8%	4%	15%	4%
French Fries w/cheese - Large	192	580	250	28	10	0.5	35	1230	70	5	2	11	10%	6%	20%	6%
French Fries w/chili & cheese - Small	118	300	140	16	6	0	25	540	33	3	1	8	10%	4%	15%	6%
French Fries w/chili & cheese - Medium	201	490	240	27	10	0.5	40	920	54	5	1	14	15%	6%	20%	10%
French Fries w/chili & cheese - Large	284	690	340	37	13	1	55	1290	75	7	2	19	25%	8%	25%	15%
Pickle-O's®	113	310	150	16	3	0	0	1020	36	2	2	5	0%	0%	8%	6%
Mozzarella Sticks	140	440	200	22	9	0.5	45	1050	40	2	1	19	10%	0%	45%	6%
Ched 'R' Bites® (12)	84	280	140	15	6	0	30	740	22	1	0	13	8%	0%	35%	4%
Ched 'R' Peppers® (4)	120	330	150	17	6	1	25	1110	36	2	2	8	8%	0%	15%	4%
FRITOS® Chili Pie - Medium	138	470	290	32	9	0	30	770	36	3	1	13	15%	2%	15%	6%
FRITOS® Chili Pie - Large	275	940	570	64	18	1	65	1540	72	6	3	25	30%	4%	35%	10%
Fish Sandwich	246	650	280	31	5	0	40	1160	71	7	12	22	2%	2%	15%	25%
Breaded Pork Fritter Sandwich	242	640	290	33	6	0	30	840	66	7	11	22	6%	6%	15%	25%
Apple Slices	68	35	0	0	0	0	0	0	9	2	7	0	0%	80%	0%	0%
Apple Slices w/ Fat-Free Caramel Dipping Sauce	96	120	0	0	0	0	0	60	27	2	23	0	0%	80%	2%	0%

SONIC Blast®

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Oreo® SONIC Blast® - Regular (14 oz)	363	540	190	21	12	0.5	60	280	80	1	67	7	10%	0%	25%	10%
Oreo® SONIC Blast® - Large (20 oz)	523	790	270	30	17	1	85	440	118	1	98	10	15%	0%	35%	20%
M&M's® SONIC Blast® - Regular (14 oz)	374	600	210	24	15	0.5	60	210	88	1	78	8	10%	0%	30%	8%
M&M's® SONIC Blast® - Large (20 oz)	543	900	320	36	22	1	85	310	132	1	118	12	20%	0%	40%	15%
Reese's Peanut Butter Cups® SONIC Blast® - Regular (14 oz)	372	560	170	19	12	0.5	65	250	89	1	74	9	10%	0%	30%	8%
Reese's Peanut Butter Cups® SONIC Blast® - Large (20 oz)	539	840	250	27	17	1	90	390	135	1	110	14	20%	0%	40%	10%
Butterfinger® SONIC Blast® - Regular (14 oz)	373	580	200	22	13	0.5	60	240	88	0	72	8	10%	0%	25%	8%
Butterfinger® SONIC Blast® - Large (20 oz)	541	870	290	33	19	1	85	360	133	0	107	12	15%	0%	35%	10%

Shakes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Shake - Regular (14 oz)	419	470	160	17	11	0.5	65	200	71	0	62	7	10%	0%	25%	6%
Vanilla Shake - Large (20 oz)	578	670	220	25	15	1	90	280	102	0	89	10	15%	0%	40%	10%
Chocolate Shake - Regular (14 oz)	436	540	150	16	10	0.5	60	270	89	0	74	6	10%	0%	25%	6%
Chocolate Shake - Large (20 oz)	641	810	210	23	14	1	85	420	139	0	114	9	15%	0%	35%	8%
Strawberry Shake - Regular (14 oz)	433	510	150	16	10	0.5	60	200	83	1	69	7	10%	15%	25%	8%
Strawberry Shake - Large (20 oz)	635	750	210	23	14	1	85	280	126	1	103	10	15%	25%	35%	10%
Banana Shake - Regular (14 oz)	439	470	150	16	10	0.5	60	190	76	1	63	7	10%	6%	25%	6%
Banana Shake - Large (20 oz)	641	680	210	23	14	1	85	260	111	2	91	10	15%	10%	35%	10%
Pineapple Shake - Regular (14 oz)	433	500	150	16	10	0.5	60	200	80	0	66	6	10%	80%	25%	6%
Pineapple Shake - Large (20 oz)	635	730	210	23	14	1	85	280	121	0	98	9	15%	160%	35%	8%
Peanut Butter Shake-Regular (14 oz)	429	640	310	34	13	0.5	60	300	75	0	63	10	10%	0%	25%	6%
Peanut Butter Shake-Large-20 oz)	627	1010	530	59	20	1	85	490	111	0	92	17	15%	0%	35%	8%
Peanut Butter Fudge Shake-Reg (14 oz)	433	610	260	28	14	0.5	60	280	81	1	68	8	10%	0%	25%	8%
Peanut Butter Fudge Shake-Large (20 oz)	632	940	410	46	21	1	85	430	121	1	100	13	15%	0%	35%	10%
Hot Fudge Shake-Regular (14 oz)	434	570	190	21	14	0.5	60	240	85	1	71	6	10%	0%	25%	8%
Hot Fudge Shake-Large (20 oz)	637	870	300	33	23	1	85	370	131	2	108	9	15%	0%	35%	15%

Malts

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Malt - Regular (14 oz)	422	480	160	18	11	0.5	65	210	72	0	64	7	10%	0%	25%	8%
Vanilla Malt - Large (20 oz)	613	700	240	26	16	1	95	310	105	0	93	10	15%	0%	40%	10%
Chocolate Malt - Regular (14 oz)	439	550	150	17	10	0.5	60	280	91	0	76	7	10%	0%	25%	6%
Chocolate Malt - Large (20 oz)	647	840	220	24	15	1	85	440	143	0	117	10	15%	0%	35%	10%
Strawberry Malt - Regular (14 oz)	436	520	150	17	10	0.5	60	210	85	1	71	7	10%	15%	25%	8%
Strawberry Malt - Large (20 oz)	641	780	220	24	15	1	85	300	130	1	106	11	15%	25%	35%	10%
Banana Malt - Regular (14 oz)	442	490	150	17	10	0.5	60	200	78	1	65	7	10%	6%	25%	8%
Banana Malt - Large (20 oz)	647	710	220	25	15	1	85	280	114	2	95	10	15%	10%	35%	10%
Pineapple Malt - Regular (14 oz)	436	510	150	17	10	0.5	60	210	82	0	68	7	10%	80%	25%	6%
Pineapple Malt - Large (20 oz)	641	760	220	24	15	1	85	300	125	0	101	10	15%	160%	35%	10%
Caramel Malt - Regular (14 oz)	439	550	160	18	11	0.5	65	330	90	0	78	7	10%	0%	25%	6%
Caramel Malt - Large (20 oz)	647	840	240	26	17	1	95	550	140	0	120	10	15%	0%	35%	10%
Hot Fudge Malt - Regular (14 oz)	437	580	200	22	15	0.5	60	250	87	1	73	7	10%	0%	25%	8%
Hot Fudge Malt - Large (20 oz)	643	900	310	34	24	1	85	390	135	2	111	10	15%	0%	35%	15%
Peanut Butter Malt - Regular (14 oz)	434	670	330	36	14	0.5	60	320	78	0	65	11	10%	0%	25%	6%
Peanut Butter Malt - Large (20 oz)	633	1040	540	60	21	1	85	510	115	0	95	18	15%	0%	35%	10%
Peanut Butter Fudge Malt - Regular (14 oz)	436	620	260	29	14	0.5	60	290	83	1	69	9	10%	0%	25%	8%
Peanut Butter Fudge Malt - Large (20 oz)	638	970	430	47	22	1	85	450	125	1	103	14	15%	0%	35%	10%

CreamSlush® Treat

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Strawberry CreamSlush® Treat - Regular (14 oz)	441	450	100	12	7	0	45	150	84	1	72	5	8%	15%	20%	6%
Strawberry CreamSlush® Treat - Large (20 oz)	578	620	130	15	9	0.5	55	200	118	1	99	7	10%	25%	25%	8%
Orange CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	77	0	70	5	8%	0%	20%	4%
Orange CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	210	104	0	94	6	10%	0%	25%	6%
Cherry CreamSlush® Treat - Regular (14 oz)	437	440	110	13	8	0	45	160	77	0	71	5	8%	0%	20%	4%
Cherry CreamSlush® Treat - Large (20 oz)	569	590	150	17	10	0.5	60	210	105	0	96	6	10%	0%	25%	6%
Grape CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	76	0	70	5	8%	0%	20%	4%
Grape CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	220	103	0	94	7	10%	0%	25%	6%
Watermelon CreamSlush® Treat - Regular (14 oz)	437	440	110	13	8	0	45	160	77	0	70	5	8%	0%	20%	4%
Watermelon CreamSlush® Treat - Large (20 oz)	570	590	150	17	10	0.5	60	210	105	0	94	7	10%	0%	25%	6%
Blue Coconut CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	76	0	69	5	8%	0%	20%	6%
Blue Coconut CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	210	102	0	92	7	10%	0%	25%	8%
Lemon CreamSlush® Treat - Regular (14 oz)	446	430	110	13	8	0	45	160	77	0	69	5	8%	8%	20%	6%
Lemon CreamSlush® Treat - Large (20 oz)	587	590	150	17	10	0.5	60	210	104	0	92	7	10%	15%	25%	8%
Lemon-Berry CreamSlush® Treat - Regular (14 oz)	450	460	100	12	7	0	45	150	85	1	73	5	8%	20%	20%	6%
Lemon-Berry CreamSlush® Treat - Large (20 oz)	596	630	130	15	9	0.5	55	200	119	1	99	7	10%	40%	25%	8%
Lime CreamSlush® Treat - Regular (14 oz)	444	430	110	13	8	0	45	160	77	0	69	5	8%	4%	20%	6%
Lime CreamSlush® Treat - Large (20 oz)	583	580	150	17	10	0.5	60	210	104	0	92	7	10%	8%	25%	8%

Cream Pie Shakes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Banana Cream Pie Shake - Regular (14 oz)	470	590	170	19	11	0.5	55	220	98	1	83	7	15%	6%	25%	6%
Banana Cream Pie Shake - Large (20 oz)	692	860	220	25	15	1	75	290	151	2	129	10	20%	10%	35%	10%
Coconut Cream Pie Shake - Regular (14 oz)	450	580	180	20	12	0.5	60	230	93	0	82	7	15%	0%	25%	6%
Coconut Cream Pie Shake - Large (20 oz)	659	850	240	27	16	1	85	320	142	0	127	10	20%	0%	35%	10%
Chocolate Cream Pie Shake - Regular (14 oz)	475	660	170	19	11	0.5	60	300	114	0	96	7	15%	0%	25%	6%
Chocolate Cream Pie Shake - Large (20 oz)	692	990	220	25	15	1	75	450	180	0	152	9	15%	0%	30%	8%
Strawberry Cream Pie Shake - Regular (14 oz)	464	620	170	19	11	0.5	55	230	106	1	89	7	15%	15%	25%	8%
Strawberry Cream Pie Shake - Large (20 oz)	686	930	220	25	15	1	75	310	167	1	141	10	15%	25%	35%	10%

Floats/Blended Floats

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coca-Cola® Float/Blended Float - Regular (14 oz)	355	290	70	8	5	0	30	95	54	0	50	3	6%	0%	10%	4%
Coca-Cola® Float/Blended Float - Large (20 oz)	501	430	110	12	7	0	45	140	77	0	71	5	8%	0%	20%	4%
Diet Coke® Float/Blended Float - Regular (14 oz)	348	220	70	8	5	0	30	100	33	0	29	3	6%	0%	10%	4%
Diet Coke® Float/Blended Float - Large (20 oz)	492	330	110	12	7	0	45	150	50	0	44	5	8%	0%	20%	4%
Dr Pepper® Float/Blended Float - Regular (14 oz)	407	310	70	8	5	0	30	120	58	0	54	3	6%	0%	10%	4%
Dr Pepper® Float/Blended Float - Large (20 oz)	502	420	110	12	7	0	45	170	76	0	70	5	8%	0%	20%	4%
Diet Dr Pepper® Float/Blended Float - Regular (14 oz)	348	220	70	8	5	0	30	130	33	0	29	3	6%	0%	10%	4%
Diet Dr Pepper® Float/Blended Float - Large (20 oz)	492	330	110	12	7	0	45	190	50	0	44	5	8%	0%	20%	4%
Barq's® Root Beer Float/Blended Float - Regular (14 oz)	356	300	70	8	5	0	30	110	56	0	52	3	6%	0%	10%	4%
Barq's® Root Beer Float/Blended Float - Large (20 oz)	503	440	110	12	7	0	45	160	80	0	74	5	8%	0%	20%	4%
Sprite® Float/Blended Float - Regular (14 oz)	355	290	70	8	5	0	30	110	53	0	49	3	6%	0%	10%	4%
Sprite® Float/Blended Float - Large (20 oz)	501	430	110	12	7	0	45	160	76	0	70	5	8%	0%	20%	4%
Sprite Zero™ Float/Blended Float - Regular (14 oz)	348	220	70	8	5	0	30	100	33	0	29	3	6%	0%	10%	4%
Sprite Zero™ Float/Blended Float - Large (20 oz)	492	330	110	12	7	0	45	150	50	0	44	5	8%	0%	20%	4%

SONIC Chillers™

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Java Chiller, Caramel (14 oz)	424	540	170	18	12	0.5	65	300	86	0	74	7	10%	0%	25%	6%
Java Chiller, Caramel (20 oz)	618	760	230	25	16	1	90	440	123	0	106	9	15%	0%	35%	8%
Java Chiller, Hazelnut (14 oz)	424	530	160	18	11	0.5	60	200	86	0	76	7	10%	0%	25%	6%
Java Chiller, Hazelnut (20 oz)	618	750	220	24	15	1	85	280	124	0	109	9	15%	0%	35%	10%
Java Chiller, Chocolate (14 oz)	423	540	160	18	11	0.5	60	260	87	0	73	7	10%	0%	25%	6%
Java Chiller, Chocolate (20 oz)	617	760	220	24	15	1	85	370	124	1	103	9	15%	0%	35%	8%
Java Chiller, Chocolate/Caramel (14 oz)	424	540	160	18	11	0.5	65	280	85	0	73	7	10%	0%	25%	6%
Java Chiller, Chocolate/Caramel (20 oz)	618	780	220	25	15	1	90	410	123	0	104	9	15%	0%	35%	8%
Java Chiller, Caramel/Hazelnut (14 oz)	424	530	160	18	11	0.5	60	230	85	0	74	7	10%	0%	25%	6%
Java Chiller, Caramel/Hazelnut (20 oz)	618	750	220	24	15	1	85	330	124	0	106	9	15%	0%	35%	10%

Java Chiller, Chocolate/Hazelnut (14 oz)	424	540	160	18	11	0.5	65	250	86	0	75	7	10%	0%	25%	6%
Java Chiller, Chocolate/Hazelnut (20 oz)	618	750	220	25	15	1	90	360	123	0	107	9	15%	0%	35%	12%
Limeade Chiller, Medium (14oz)	351	380	80	9	6	0	30	105	75	0	69	3	6%	10%	15%	4%
Limeade Chiller, Large (20oz)	493	530	110	12	8	0	40	140	105	0	98	4	8%	15%	15%	4%
Cherry Limeade Chiller, Medium (14oz)	365	410	80	9	6	0	30	110	82	0	76	3	6%	10%	15%	4%
Cherry Limeade Chiller, Large (20oz)	516	580	110	12	8	0	40	150	119	0	112	4	8%	15%	15%	4%
Strawberry Limeade Chiller, Medium (14oz)	408	490	80	9	6	0	30	120	101	1	86	4	6%	30%	15%	4%
Strawberry Limeade Chiller, Large (20oz)	578	690	110	12	8	0	40	160	146	1	124	6	8%	45%	20%	6%

Desserts

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Banana Split	309	420	90	9	6	0	30	140	80	2	57	4	6%	60%	15%	4%
Banana Fudge Sundae	282	440	140	16	11	0	35	170	70	2	54	4	8%	6%	15%	6%
Junior Banana Split	134	180	30	3.5	2	0	10	60	37	1	25	2	2%	30%	4%	2%

Single Topping Sundaes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Hot Fudge	253	440	160	18	13	0	35	170	63	1	52	4	6%	0%	15%	6%
Strawberry	252	380	120	13	9	0	35	120	61	1	49	4	6%	15%	15%	4%
Chocolate	255	410	120	13	9	0	35	190	67	0	55	4	6%	0%	15%	4%
Pineapple	252	370	120	13	9	0	35	125	58	0	47	4	6%	80%	15%	4%
Caramel	248	390	110	13	9	0	40	240	64	0	55	4	6%	0%	15%	4%
Nuts Add-On	3.5	20	15	1.5	0	0	0	0	1	0	0	1	0%	0%	0%	0%
Jr. Reeses Peanut Butter Cups® Sundae	90	160	45	4.5	3	0	15	75	27	0	21	3	2%	0%	6%	2%
Jr. M&M's® Sundae	91	180	60	7	4.5	0	15	55	26	0	23	2	2%	0%	8%	2%
Jr. Butterfinger® Sundae	90	170	60	6	3.5	0	15	65	26	0	20	2	2%	0%	6%	2%
Jr. Oreo® Sundae	85	150	50	5	3	0	15	90	22	0	17	2	2%	0%	6%	4%

Cones & Dishes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Cone	133	180	60	6	4	0	25	80	30	0	22	2	4%	0%	10%	2%
Vanilla Dish	184	240	80	9	5	0	35	100	36	0	32	3	6%	0%	15%	4%

Real Fruit Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Lemon Real Fruit Slush - Wacky Pack® (12 oz)	344	170	0	0	0	0	0	25	46	0	44	0	0%	8%	0%	0%
Lemon Real Fruit Slush - Small (14 oz)	399	200	0	0	0	0	0	30	53	0	50	0	0%	8%	0%	0%
Lemon Real Fruit Slush - Medium (20 oz)	577	290	0	0	0	0	0	45	78	0	74	0	0%	15%	0%	2%
Lemon Real Fruit Slush - Large (32 oz)	921	460	0	0	0	0	0	70	124	0	117	0	0%	20%	0%	2%
Lemon Real Fruit Slush - Route 44® (44 oz)	1265	630	0	0	0	0	0	95	170	1	161	0	0%	30%	0%	2%
Lemon-Berry Real Fruit Slush - Wacky Pack® (12 oz)	345	180	0	0	0	0	0	30	48	0	45	0	0%	15%	0%	0%
Lemon-Berry Real Fruit Slush - Small (14 oz)	401	210	0	0	0	0	0	30	55	0	52	0	0%	15%	0%	0%
Lemon-Berry Real Fruit Slush - Medium (20 oz)	580	310	0	0	0	0	0	50	83	1	76	1	0%	25%	0%	2%
Lemon-Berry Real Fruit Slush - Large (32 oz)	925	500	0	0	0	0	0	75	132	1	121	1	0%	40%	0%	2%
Lemon-Berry Real Fruit Slush - Route 44® (44 oz)	1271	680	0	0	0	0	0	105	180	1	166	1	0%	50%	2%	2%
Lime Real Fruit Slush - Wacky Pack® (12 oz)	342	170	0	0	0	0	0	25	46	0	44	0	0%	4%	0%	0%
Lime Real Fruit Slush - Small (14 oz)	397	200	0	0	0	0	0	30	52	0	50	0	0%	4%	0%	0%
Lime Real Fruit Slush - Medium (20 oz)	573	290	0	0	0	0	0	45	78	0	73	0	0%	8%	0%	2%
Lime Real Fruit Slush - Large (32 oz)	915	460	0	0	0	0	0	70	123	0	117	0	0%	10%	0%	2%
Lime Real Fruit Slush - Route 44® (44 oz)	1257	630	0	0	0	0	0	100	169	1	160	0	0%	15%	0%	2%
Strawberry Real Fruit Slush - Wacky Pack® (12 oz)	336	180	0	0	0	0	0	30	48	0	45	0	0%	6%	0%	0%
Strawberry Real Fruit Slush - Small (14 oz)	392	210	0	0	0	0	0	30	55	0	52	0	0%	6%	0%	0%
Strawberry Real Fruit Slush - Medium (20 oz)	562	310	0	0	0	0	0	50	82	1	76	1	0%	15%	0%	2%
Strawberry Real Fruit Slush - Large (32 oz)	898	490	0	0	0	0	0	75	129	1	120	1	0%	20%	0%	2%
Strawberry Real Fruit Slush - Route 44® (44 oz)	1235	670	0	0	0	0	0	105	177	1	165	1	0%	25%	2%	2%

Famous Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Cherry Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	46	0	46	0	0%	0%	0%	0%
Cherry Slush - Small (14 oz)	391	200	0	0	0	0	0	30	53	0	53	0	0%	0%	0%	0%
Cherry Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	78	0	78	0	0%	0%	0%	0%
Cherry Slush - Large (32 oz)	895	470	0	0	0	0	0	70	124	0	124	0	0%	0%	0%	0%
Cherry Slush - Route 44® (44 oz)	1231	640	0	0	0	0	0	100	170	0	170	0	0%	0%	0%	0%
Grape Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	30	45	0	45	0	0%	0%	0%	0%
Grape Slush - Small (14 oz)	391	190	0	0	0	0	0	35	52	0	52	0	0%	0%	0%	0%
Grape Slush - Medium (20 oz)	560	290	0	0	0	0	0	50	76	0	76	0	0%	0%	0%	0%
Grape Slush - Large (32 oz)	895	460	0	0	0	0	0	80	121	0	121	0	0%	0%	0%	0%
Grape Slush - Route 44® (44 oz)	1230	620	0	0	0	0	0	110	166	0	166	0	0%	2%	0%	0%
Orange Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	30	45	0	45	0	0%	0%	0%	0%
Orange Slush - Small (14 oz)	390	200	0	0	0	0	0	30	52	0	51	0	0%	0%	0%	0%
Orange Slush - Medium (20 oz)	559	290	0	0	0	0	0	45	77	0	75	0	0%	0%	0%	0%
Orange Slush - Large (32 oz)	894	460	0	0	0	0	0	75	122	0	120	0	0%	0%	0%	0%
Orange Slush - Route 44® (44 oz)	1229	630	0	0	0	0	0	100	168	0	164	0	0%	0%	0%	0%
Blue Coconut Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	45	0	44	0	0%	0%	0%	0%
Blue Coconut Slush - Small (14 oz)	390	190	0	0	0	0	0	30	52	0	51	0	0%	0%	0%	0%
Blue Coconut Slush - Medium (20 oz)	559	290	0	0	0	0	0	45	76	0	74	0	0%	0%	0%	2%
Blue Coconut Slush - Large (32 oz)	894	450	0	0	0	0	0	70	121	0	118	0	0%	0%	0%	2%
Blue Coconut Slush - Route 44® (44 oz)	1229	620	0	0	0	0	0	100	166	0	162	0	0%	0%	0%	2%
Watermelon Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	30	46	0	45	0	0%	0%	0%	0%
Watermelon Slush - Small (14 oz)	391	200	0	0	0	0	0	30	53	0	51	0	0%	0%	0%	0%
Watermelon Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	78	0	75	0	0%	0%	0%	0%
Watermelon Slush - Large (32 oz)	895	470	0	0	0	0	0	75	124	0	120	0	0%	0%	0%	0%
Watermelon Slush - Route 44® (44 oz)	1231	640	0	0	0	0	0	100	170	0	164	0	0%	0%	0%	0%

Green Apple Slush - Wacky Pack® (12 oz)	336	180	0	0	0	0	0	30	48	0	46	0	0%	0%	0%	0%
Green Apple Slush - Small (14 oz)	391	200	0	0	0	0	0	30	54	0	53	0	0%	0%	0%	0%
Green Apple Slush - Medium (20 oz)	561	310	0	0	0	0	0	45	81	0	78	0	0%	0%	0%	0%
Green Apple Slush - Large (32 oz)	897	490	0	0	0	0	0	75	129	0	124	0	0%	0%	0%	0%
Green Apple Slush - Route 44® (44 oz)	1233	670	0	0	0	0	0	100	177	0	170	0	0%	0%	0%	0%
Bubble Gum Slush-Wacky Pack® (12 oz)	335	170	0	0	0	0	0	30	45	0	45	0	0%	0%	0%	0%
Bubble Gum Slush-Small (14 oz)	391	190	0	0	0	0	0	35	52	0	51	0	0%	0%	0%	0%
Bubble Gum Slush-Medium (20 oz)	560	290	0	0	0	0	0	55	76	0	75	0	0%	0%	0%	0%
Bubble Gum Slush-Large (32 oz)	895	460	0	0	0	0	0	85	121	1	120	0	0%	0%	0%	0%
Bubble Gum Slush-Route 44® (44 oz)	1230	620	0	0	0	0	0	120	166	1	165	0	0%	0%	0%	0%
Minute Maid® Cranberry** Juice Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	45	0	45	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice Slush - Small (14 oz)	391	190	0	0	0	0	0	30	52	0	52	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	77	0	77	0	0%	30%	0%	0%
Minute Maid® Cranberry** Juice Slush - Large (32 oz)	895	450	0	0	0	0	0	70	122	0	122	0	0%	45%	0%	0%
Minute Maid® Cranberry** Juice Slush - Route 44® (44 oz)	1231	620	0	0	0	0	0	100	167	0	167	0	0%	60%	0%	0%

Breakfast Items

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
CroisSONIC® Breakfast Sandwich - Bacon	150	510	320	36	15	0.5	320	1400	29	0	5	18	25%	0%	15%	15%
CroisSONIC® Breakfast Sandwich - Sausage	177	600	410	46	18	1	340	1340	29	0	5	19	20%	0%	15%	15%
BREAKFAST TOASTER® - Sausage, Egg & Cheese	194	620	380	42	13	1	340	1380	40	2	6	20	15%	0%	20%	15%
BREAKFAST TOASTER® - Bacon, Egg & Cheese	167	530	290	32	10	0.5	325	1440	40	2	7	20	15%	0%	20%	10%
BREAKFAST TOASTER® - Ham, Egg & Cheese	186	490	240	26	8	0.5	325	1700	40	2	6	24	15%	0%	20%	10%
Breakfast Burritos - Sausage, Egg & Cheese	169	480	280	31	11	0.5	325	1200	38	1	2	18	15%	0%	35%	15%
Breakfast Burritos - Bacon, Egg & Cheese	159	450	250	27	10	0.5	320	1290	38	1	2	19	15%	0%	35%	15%
Breakfast Burritos - Ham, Egg & Cheese	183	440	210	23	9	0.5	330	1630	37	2	2	26	15%	0%	30%	20%
Sausage Biscuit Dippers™ w/ Gravy (3)	260	690	400	44	18	1	60	1770	57	0	7	16	0%	0%	10%	25%
Jr. Breakfast Burrito	116	330	190	21	8	0.5	235	790	25	2	1	13	10%	0%	20%	15%
Steak and Egg Breakfast Burrito	246	590	310	34	12	3	340	1370	47	5	3	28	20%	0%	40%	35%
SuperSonic® Breakfast Burrito	239	570	320	36	12	1	325	1650	48	3	3	19	20%	4%	35%	20%
French Toast Sticks (4)	120	500	280	31	5	0	15	490	49	2	9	7	0%	0%	10%	15%
Syrup	28	80	0	0	0	0	0	0	21	21	19	0	0%	0%	0%	0%

Premium Roast Coffees

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coffee - Regular (14 oz)	415	10	0	0	0	0	0	35	2	1	0	1	0%	0%	2%	0%
Coffee - Large (20 oz)	593	15	0	0	0	0	0	50	3	1	0	1	0%	0%	2%	0%
Iced Latté, Caramel (14 oz)	352	260	70	8	6	0	30	190	44	0	38	3	4%	0%	10%	2%
Iced Latté, Caramel (20 oz)	431	390	80	9	6	0	30	260	57	0	48	3	4%	0%	10%	2%
Iced Latté, Hazelnut (14 oz)	351	260	70	7	5	0	25	90	44	0	40	3	4%	0%	10%	2%
Iced Latté, Hazelnut (20 oz)	430	310	70	8	5	0	25	105	58	0	3	3	4%	0%	10%	2%
Iced Latté, Chocolate (14 oz)	351	260	70	7	5	0	25	150	45	0	36	3	4%	0%	10%	2%
Iced Latté, Chocolate (20 oz)	430	330	70	8	5	0	25	200	58	1	45	3	4%	0%	10%	2%
Iced Latté, Chocolate /Caramel (14 oz)	351	260	70	8	5	0	25	170	45	0	0	3	4%	0%	10%	2%
Iced Latté, Chocolate /Caramel (20 oz)	431	330	80	8	6	0	30	230	58	0	47	3	4%	0%	10%	2%
Iced Latté, Caramel/Hazelnut (14 oz)	351	260	70	8	5	0	25	140	44	0	39	3	4%	0%	10%	2%
Iced Latté, Caramel/Hazelnut (20 oz)	430	320	70	8	5	0	25	150	58	0	48	3	4%	0%	10%	2%
Iced Latté, Chocolate /Hazelnut (14 oz)	351	250	70	7	5	0	25	120	45	0	38	3	4%	0%	10%	2%
Iced Latté, Chocolate /Hazelnut (20 oz)	430	320	70	8	5	0	25	150	58	0	48	3	4%	0%	10%	2%

Soft Drinks

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coca-Cola® - Wacky Pack® (12 oz)	277	110	0	0	0	0	0	5	30	0	30	0	0%	0%	0%	0%
Coca-Cola® - Small (14 oz)	354	140	0	0	0	0	0	10	39	0	39	0	0%	0%	0%	0%
Coca-Cola® - Medium (20 oz)	431	170	0	0	0	0	0	10	47	0	47	0	0%	0%	0%	0%
Coca-Cola® - Large (32 oz)	678	270	0	0	0	0	0	15	74	0	74	0	0%	0%	0%	0%
Coca-Cola® - Route 44® (44 oz)	924	370	0	0	0	0	0	20	101	0	101	0	0%	0%	0%	0%
Diet Coke® - Wacky Pack® (12 oz)	266	0	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Small (14 oz)	340	0	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Medium (20 oz)	414	0	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Large (32 oz)	651	0	0	0	0	0	0	30	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Route 44® (44 oz)	887	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Wacky Pack® (12 oz)	266	0	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Small (14 oz)	340	0	0	0	0	0	0	70	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Medium (20 oz)	414	0	0	0	0	0	0	85	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Large (32 oz)	651	0	0	0	0	0	0	135	0	0	0	0	0%	0%	0%	0%
Diet Dr. Pepper® - Route 44® (44 oz)	888	0	0	0	0	0	0	190	0	0	0	0	0%	0%	0%	0%
Dr Pepper® - Wacky Pack® (12 oz)	278	100	0	0	0	0	0	35	29	0	29	0	0%	0%	0%	0%
Dr Pepper® - Small (14 oz)	355	130	0	0	0	0	0	45	37	0	37	0	0%	0%	0%	0%
Dr Pepper® - Medium (20 oz)	432	160	0	0	0	0	0	50	45	0	45	0	0%	0%	0%	0%
Dr Pepper® - Large (32 oz)	679	250	0	0	0	0	0	80	71	0	71	0	0%	0%	0%	0%
Dr Pepper® - Route 44® (44 oz)	926	340	0	0	0	0	0	110	97	0	97	0	0%	0%	0%	0%
Sprite® - Wacky Pack® (12 oz)	277	110	0	0	0	0	0	25	29	0	29	0	0%	0%	0%	0%
Sprite® - Small (14 oz)	354	140	0	0	0	0	0	30	37	0	37	0	0%	0%	0%	0%
Sprite® - Medium (20 oz)	431	170	0	0	0	0	0	40	45	0	45	0	0%	0%	0%	0%
Sprite® - Large (32 oz)	677	270	0	0	0	0	0	60	71	0	71	0	0%	0%	0%	0%
Sprite® - Route 44® (44 oz)	923	360	0	0	0	0	0	80	97	0	97	0	0%	0%	0%	0%
Sprite Zero™ - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Small (14 oz)	340	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Medium (20 oz)	414	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Large (32 oz)	651	5	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Route 44® (44 oz)	888	10	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%
Barq's® Root Beer Wacky Pack® (12 oz)	281	130	0	0	0	0	0	25	34	0	34	0	0%	0%	0%	0%

Barq's® Root Beer Small (14 oz)	356	160	0	0	0	0	0	0	35	43	0	43	0	0%	0%	0%	0%
Barq's® Root Beer Medium (20 oz)	433	190	0	0	0	0	0	0	40	52	0	52	0	0%	0%	0%	0%
Barq's® Root Beer Large (32 oz)	681	310	0	0	0	0	0	0	65	82	0	82	0	0%	0%	0%	0%
Barq's® Root Beer Route 44® (44 oz)	928	420	0	0	0	0	0	0	90	112	0	112	0	0%	0%	0%	0%
Hi-C® Fruit Punch - Wacky Pack® (12 oz)	278	120	0	0	0	0	0	0	10	31	0	31	0	0%	110%	0%	0%
Hi-C® Fruit Punch - Small (14 oz)	356	150	0	0	0	0	0	0	15	40	0	40	0	0%	140%	0%	0%
Hi-C® Fruit Punch - Medium (20 oz)	432	180	0	0	0	0	0	0	15	49	0	49	0	0%	170%	0%	0%
Hi-C® Fruit Punch - Large (32 oz)	679	290	0	0	0	0	0	0	25	77	0	77	0	0%	270%	0%	0%
Hi-C® Fruit Punch - Route 44® (44 oz)	926	390	0	0	0	0	0	0	35	105	0	105	0	0%	370%	0%	0%
Minute Maid® Light Lemonade - Wacky Pack® (12 oz)	267	5	0	0	0	0	0	0	5	1	0	1	0	0%	15%	0%	0%
Minute Maid® Light Lemonade - Small (14 oz)	341	5	0	0	0	0	0	0	5	1	0	1	0	0%	15%	0%	0%
Minute Maid® Light Lemonade - Medium (20 oz)	415	10	0	0	0	0	0	0	10	2	0	2	0	0%	20%	0%	0%
Minute Maid® Light Lemonade - Large (32 oz)	652	15	0	0	0	0	0	0	15	3	0	3	0	0%	30%	0%	0%
Minute Maid® Light Lemonade - Route 44® (44 oz)	889	20	0	0	0	0	0	0	20	4	0	4	0	0%	45%	0%	0%
Fanta® Orange - Wacky Pack® (12 oz)	269	120	0	0	0	0	0	0	5	33	0	33	0	0%	0%	0%	0%
Fanta® Orange - Small (14 oz)	344	150	0	0	0	0	0	0	10	42	0	42	0	0%	0%	0%	0%
Fanta® Orange - Medium (20 oz)	418	190	0	0	0	0	0	0	10	51	0	51	0	0%	0%	0%	0%
Fanta® Orange - Large (32 oz)	657	290	0	0	0	0	0	0	15	80	0	80	0	0%	0%	0%	0%
Fanta® Orange - Route 44® (44 oz)	896	400	0	0	0	0	0	0	20	109	0	109	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Wacky Pack® (12 oz)	278	130	0	0	0	0	0	0	0	35	0	35	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Small (14 oz)	356	160	0	0	0	0	0	0	0	45	0	45	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Medium (20 oz)	433	200	0	0	0	0	0	0	0	54	0	54	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Large (32 oz)	680	310	0	0	0	0	0	0	0	85	0	85	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Route 44® (44 oz)	928	420	0	0	0	0	0	0	0	116	0	116	0	0%	0%	0%	0%
Mello Yello® - Wacky Pack® (12 oz)	278	120	0	0	0	0	0	0	10	33	0	33	0	0%	0%	0%	0%
Mello Yello® - Small (14 oz)	357	150	0	0	0	0	0	0	10	42	0	42	0	0%	0%	0%	0%
Mello Yello® - Medium (20 oz)	432	190	0	0	0	0	0	0	15	51	0	51	0	0%	0%	0%	0%
Mello Yello® - Large (32 oz)	678	290	0	0	0	0	0	0	20	80	0	80	0	0%	0%	0%	0%
Mello Yello® - Route 44® (44 oz)	925	400	0	0	0	0	0	0	30	109	0	109	0	0%	0%	0%	0%

Minute Maid® Juices

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Minute Maid® Apple Juice - Wacky Pack® (12 oz)	275	120	0	0	0	0	0	15	31	0	29	0	0%	110%	0%	0%
Minute Maid® Apple Juice - Regular (14 oz)	351	160	0	0	0	0	0	20	40	0	37	0	0%	140%	0%	0%
Minute Maid® Apple Juice - Large (20 oz)	428	190	0	0	0	0	0	25	49	0	45	0	0%	170%	0%	0%
Minute Maid® Cranberry** - Wacky Pack® (12 oz)	279	130	0	0	0	0	0	15	36	0	35	0	0%	110%	0%	0%
Minute Maid® Cranberry** - Regular (14 oz)	357	170	0	0	0	0	0	20	46	0	45	0	0%	140%	0%	0%
Minute Maid® Cranberry** - Large (20 oz)	434	210	0	0	0	0	0	25	56	0	54	0	0%	170%	0%	0%
Minute Maid® Orange Juice - Wacky Pack® (12 oz)	282	130	0	0	0	0	0	20	30	0	27	2	0%	150%	2%	0%
Minute Maid® Orange Juice - Regular (14 oz)	329	150	0	0	0	0	0	20	36	0	32	2	0%	170%	2%	0%
Minute Maid® Orange Juice - Large (20 oz)	502	230	0	0	0	0	0	35	34	0	48	4	0%	260%	4%	0%

Iced Tea

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Iced Tea - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Iced Tea - Small(14 oz)	340	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Iced Tea - Medium (20 oz)	414	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Iced Tea - Large (32 oz)	651	5	0	0	0	0	0	20	2	0	0	0	0%	0%	0%	0%
Iced Tea - Route 44® (44 oz)	887	10	0	0	0	0	0	25	3	0	0	0	0%	0%	0%	0%
Sweet Iced Tea - Wacky Pack® (12 oz)	277	120	0	0	0	0	0	5	31	0	30	0	0%	0%	0%	0%
Sweet Iced Tea - Small (14 oz)	354	150	0	0	0	0	0	10	39	0	38	0	0%	0%	0%	0%
Sweet Iced Tea - Medium (20 oz)	431	180	0	0	0	0	0	10	48	0	47	0	0%	0%	0%	0%
Sweet Iced Tea - Large (32 oz)	678	290	0	0	0	0	0	20	75	0	73	0	0%	0%	0%	0%
Sweet Iced Tea - Route 44® (44 oz)	924	400	0	0	0	0	0	25	103	0	100	0	0%	0%	0%	0%
Raspberry Iced Tea - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Iced Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Iced Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	2	0	0	0	0%	0%	0%	0%
Raspberry Iced Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	2%	0%	0%
Raspberry Iced Tea - Route 44® (44 oz)	887	10	0	0	0	0	0	50	3	1	0	0	0%	2%	0%	0%
Peach Iced Tea - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	1	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Route 44® (44 oz)	887	10	0	0	0	0	0	55	3	0	0	0	0%	0%	0%	0%
Cranberry** Tea - Wacky Pack® (12 oz)	267	20	0	0	0	0	0	10	6	0	5	0	0%	15%	0%	0%
Cranberry** Tea - Small (14 oz)	341	20	0	0	0	0	0	10	6	0	5	0	0%	15%	0%	0%
Cranberry** Tea - Medium (20 oz)	416	40	0	0	0	0	0	15	11	0	10	0	0%	30%	0%	0%
Cranberry** Tea - Large (32 oz)	655	60	0	0	0	0	0	25	17	0	15	0	0%	45%	0%	0%
Cranberry** Tea - Route 44® (44 oz)	892	80	0	0	0	0	0	35	23	0	19	0	0%	60%	0%	0%
Diet Green Tea - Wacky Pack® (12 oz)	251	0	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Diet Green Tea - Small (14 oz)	325	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Green Tea - Medium (20 oz)	384	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Green Tea - Large (32 oz)	606	5	0	0	0	0	0	20	1	0	1	0	0%	0%	0%	0%
Diet Green Tea - Route 44® (44 oz)	827	10	0	0	0	0	0	25	1	0	1	0	0%	0%	0%	0%

Limeades

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Limeade - Wacky Pack® (12 oz)	284	110	0	0	0	0	0	25	30	0	29	0	0%	4%	0%	0%
Limeade - Small (14 oz)	361	140	0	0	0	0	0	30	38	0	37	0	0%	4%	0%	0%
Limeade - Medium (20 oz)	445	170	0	0	0	0	0	40	47	0	46	0	0%	8%	0%	0%
Limeade - Large (32 oz)	691	270	0	0	0	0	0	60	73	0	72	0	0%	8%	0%	0%
Limeade - Route 44® (44 oz)	951	370	0	0	0	0	0	85	100	0	98	0	0%	15%	0%	0%
Lo-Cal Diet Lime Limeade - Wacky Pack® (12 oz)	273	5	0	0	0	0	0	5	1	0	0	0	0%	4%	0%	0%

Lo-Cal Diet Lime Limeade - Small (14 oz)	347	5	0	0	0	0	0	0	10	1	0	0	0%	4%	0%	0%
Lo-Cal Diet Lime Limeade - Medium (20 oz)	428	10	0	0	0	0	0	0	10	1	0	0	0%	8%	0%	0%
Lo-Cal Diet Lime Limeade - Large (32 oz)	665	10	0	0	0	0	0	0	15	1	0	0	0%	8%	0%	0%
Lo-Cal Diet Lime Limeade - Route 44® (44 oz)	916	15	0	0	0	0	0	0	25	2	0	0	0%	15%	0%	0%
Cherry Limeade - Wacky Pack® (12 oz)	290	140	0	0	0	0	0	0	30	37	0	36	0%	4%	0%	0%
Cherry Limeade - Small (14 oz)	367	170	0	0	0	0	0	0	35	45	0	44	0%	4%	0%	0%
Cherry Limeade - Medium (20 oz)	453	220	0	0	0	0	0	0	45	59	0	57	0%	8%	0%	0%
Cherry Limeade - Large (32 oz)	707	340	0	0	0	0	0	0	65	91	0	88	0%	10%	0%	0%
Cherry Limeade - Route 44® (44 oz)	962	460	0	0	0	0	0	0	90	122	0	120	0%	15%	0%	0%
Lo-Cal Diet Cherry* Limeade - Wacky Pack® (12 oz)	277	10	0	0	0	0	0	0	10	2	0	1	0%	4%	0%	0%
Lo-Cal Diet Cherry* Limeade - Small (14 oz)	350	10	0	0	0	0	0	0	10	2	0	1	0%	4%	0%	0%
Lo-Cal Diet Cherry* Limeade - Medium (20 oz)	432	15	0	0	0	0	0	0	15	3	0	1	0%	8%	0%	0%
Lo-Cal Diet Cherry* Limeade - Large (32 oz)	676	20	0	0	0	0	0	0	25	4	0	1	0%	10%	0%	0%
Lo-Cal Diet Cherry* Limeade - Route 44® (44 oz)	920	25	0	0	0	0	0	0	30	4	0	1	0%	15%	0%	0%
Strawberry Limeade - Wacky Pack® (12 oz)	286	140	0	0	0	0	0	0	30	36	0	33	0%	10%	0%	0%
Strawberry Limeade - Small (14 oz)	363	170	0	0	0	0	0	0	35	45	0	41	0%	10%	0%	0%
Strawberry Limeade - Medium (20 oz)	449	230	0	0	0	0	0	0	45	60	1	53	1	20%	0%	2%
Strawberry Limeade - Large (32 oz)	704	360	0	0	0	0	0	0	70	93	1	83	1	30%	2%	2%
Strawberry Limeade - Route 44® (44 oz)	959	480	0	0	0	0	0	0	95	126	1	112	1	40%	2%	2%
Minute Maid® Cranberry** Limeade - Wacky Pack® (12 oz)	284	120	0	0	0	0	0	0	25	33	0	32	0	15%	0%	0%
Minute Maid® Cranberry** Limeade - Small (14 oz)	361	150	0	0	0	0	0	0	35	41	0	41	0	15%	0%	0%
Minute Maid® Cranberry** Limeade - Medium (20 oz)	445	200	0	0	0	0	0	0	40	53	0	52	0	30%	0%	0%
Minute Maid® Cranberry** Limeade - Large (32 oz)	698	310	0	0	0	0	0	0	65	83	0	81	0	50%	0%	0%
Minute Maid® Cranberry** Limeade - Route 44® (44 oz)	951	420	0	0	0	0	0	0	90	113	0	110	0	60%	0%	0%

POWERADE® Drinks & Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
POWERADE® Mountain Blast® - Wacky Pack® (12 oz)	273	70	0	0	0	0	0	60	19	0	19	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Small (14 oz)	349	90	0	0	0	0	0	75	24	0	24	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Medium (20 oz)	425	110	0	0	0	0	0	95	30	0	30	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Large (32 oz)	668	180	0	0	0	0	0	150	47	0	47	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Route 44® (44 oz)	912	240	0	0	0	0	0	200	64	0	64	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Wacky Pack® (12 oz)	336	170	0	0	0	0	0	45	46	0	46	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Small (14 oz)	392	200	0	0	0	0	0	50	53	0	53	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Medium (20 oz)	561	290	0	0	0	0	0	80	78	0	78	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Large (32 oz)	897	460	0	0	0	0	0	120	124	0	124	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Route 44® (44 oz)	1233	630	0	0	0	0	0	170	170	0	170	0	0%	0%	0%	0%

Ocean Water®

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Ocean Water® - Wacky Pack® (12 oz)	278	120	0	0	0	0	0	25	33	0	32	0	0%	0%	0%	0%
Ocean Water® - Small (14 oz)	355	150	0	0	0	0	0	35	41	0	40	0	0%	0%	0%	0%
Ocean Water® - Medium (20 oz)	433	200	0	0	0	0	0	40	53	0	51	0	0%	0%	0%	2%
Ocean Water® - Large (32 oz)	663	310	0	0	0	0	0	65	81	0	78	0	0%	0%	0%	2%
Ocean Water® - Route 44® (44 oz)	929	430	0	0	0	0	0	90	112	0	109	0	0%	0%	0%	2%

Fruit Smoothies

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Strawberry Fruit Smoothie - Regular (14 oz)	420	500	0	0	0	0	0	170	124	4	98	1	150%	270%	140%	10%
Strawberry Fruit Smoothie - Large (20 oz)	607	670	0	0	0	0	0	135	166	4	125	5	120%	170%	110%	20%
Strawberry-Banana Fruit Smoothie - Regular (14 oz)	435	460	0	0	0	0	0	180	113	8	91	1	160%	240%	150%	8%
Strawberry-Banana Fruit Smoothie - Large (20 oz)	597	590	5	0	0	0	0	120	146	4	111	4	120	160	110	20
Tropical Fruit Smoothie - Regular (14 oz)	415	440	0	0	0	0	0	160	108	3	76	1	150%	160%	150%	10%
Tropical Fruit Smoothie - Large (20 oz)	602	590	5	0	0	0	0	125	147	3	111	3	120%	360%	110%	15%

Add-in Flavors & Toppings

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Bubble Gum - Wacky Pack	9	20	0	0	0	0	0	10	5	0	4	0	0%	0%	0%	0%
Bubble Gum - Small	9	20	0	0	0	0	0	10	5	0	4	0	0%	0%	0%	0%
Bubble Gum - Medium	19	40	0	0	0	0	0	15	9	0	9	0	0%	0%	0%	0%
Bubble Gum - Large	28	60	0	0	0	0	0	25	14	1	13	0	0%	0%	0%	0%
Bubble Gum - Route 44®	38	80	0	0	0	0	0	30	19	1	17	0	0%	0%	0%	0%
POWERADE® - Wacky Pack®	17	25	0	0	0	0	0	20	6	0	6	0	0%	0%	0%	0%
POWERADE® - Small	17	25	0	0	0	0	0	20	6	0	6	0	0%	0%	0%	0%
POWERADE® - Medium	34	50	0	0	0	0	0	40	13	0	13	0	0%	0%	0%	0%
POWERADE® - Large	52	70	0	0	0	0	0	60	19	0	19	0	0%	0%	0%	0%
POWERADE® - Route 44®	69	100	0	0	0	0	0	80	26	0	26	0	0%	0%	0%	0%
Vanilla - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	5	0	0%	0%	0%	0%
Vanilla - Small	9	20	0	0	0	0	0	0	5	0	5	0	0%	0%	0%	0%
Vanilla - Medium	19	40	0	0	0	0	0	0	11	0	11	0	0%	0%	0%	0%
Vanilla - Large	28	60	0	0	0	0	0	0	16	0	16	0	0%	0%	0%	0%
Vanilla - Route 44®	37	80	0	0	0	0	0	5	21	0	21	0	0%	0%	0%	0%
Chocolate Topping - Wacky Pack®	19	50	0	0	0	0	0	40	12	0	8	0	0%	0%	0%	0%
Chocolate Topping - Small	19	50	0	0	0	0	0	40	12	0	8	0	0%	0%	0%	0%
Chocolate Topping Add-In - Medium	38	100	0	0	0	0	0	80	23	0	16	0	0%	0%	0%	0%
Chocolate Topping Add-In - Large	57	150	0	0	0	0	0	120	35	0	24	0	0%	0%	0%	0%
Chocolate Topping Add-In - Route 44®	76	200	0	0	0	0	0	160	46	0	32	0	0%	0%	0%	0%
Cherry - Wacky Pack®	14	30	0	0	0	0	0	0	8	0	7	0	0%	0%	0%	0%
Cherry - Small	14	30	0	0	0	0	0	0	8	0	7	0	0%	0%	0%	0%
Cherry - Medium	23	50	0	0	0	0	0	5	14	0	13	0	0%	0%	0%	0%
Cherry - Large	33	70	0	0	0	0	0	10	20	0	19	0	0%	0%	0%	0%
Cherry - Route 44®	42	100	0	0	0	0	0	10	26	0	25	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Wacky Pack®	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%

Lo-Cal Diet Cherry+ - Small	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Medium	19	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Large	26	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Route 44®	34	10	0	0	0	0	0	10	2	0	1	0	0%	0%	0%	0%
Grape - Wacky Pack®	9	20	0	0	0	0	0	5	5	0	5	0	0%	0%	0%	0%
Grape - Small	9	20	0	0	0	0	0	5	5	0	5	0	0%	0%	0%	0%
Grape - Medium	19	40	0	0	0	0	0	10	9	0	9	0	0%	0%	0%	0%
Grape - Large	28	60	0	0	0	0	0	15	14	0	14	0	0%	0%	0%	0%
Grape - Route 44®	38	80	0	0	0	0	0	25	19	0	18	0	0%	2%	0%	0%
Green Apple - Wacky Pack®	10	30	0	0	0	0	0	0	7	0	6	0	0%	0%	0%	0%
Green Apple - Small	10	30	0	0	0	0	0	0	7	0	6	0	0%	0%	0%	0%
Green Apple - Medium	20	60	0	0	0	0	0	5	15	0	11	0	0%	0%	0%	0%
Green Apple - Large	30	90	0	0	0	0	0	10	22	0	17	0	0%	0%	0%	0%
Green Apple - Route 44	40	120	0	0	0	0	0	15	29	0	22	0	0%	0%	0%	0%
Orange - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Orange - Small	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Orange - Medium	18	40	0	0	0	0	0	5	10	0	8	0	0%	0%	0%	0%
Orange - Large	28	60	0	0	0	0	0	10	15	0	13	0	0%	0%	0%	0%
Orange - Route 44®	37	80	0	0	0	0	0	15	20	0	17	0	0%	0%	0%	0%
Blue Coconut - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Blue Coconut - Small	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Blue Coconut - Medium	18	35	0	0	0	0	0	5	9	0	7	0	0%	0%	0%	2%
Blue Coconut - Large	27	60	0	0	0	0	0	10	14	0	11	0	0%	0%	0%	2%
Blue Coconut - Route 44®	36	70	0	0	0	0	0	10	18	0	15	0	0%	0%	0%	2%
Watermelon - Wacky Pack®	10	25	0	0	0	0	0	0	6	0	4	0	0%	0%	0%	0%
Watermelon - Small	10	25	0	0	0	0	0	0	6	0	4	0	0%	0%	0%	0%
Watermelon - Medium	19	45	0	0	0	0	0	5	12	0	8	0	0%	0%	0%	0%
Watermelon - Large	29	70	0	0	0	0	0	10	17	0	13	0	0%	0%	0%	0%
Watermelon - Route 44®	38	90	0	0	0	0	0	15	23	0	17	0	0%	0%	0%	0%
Fresh Lemon Add-In - Wacky Pack®	9	0	0	0	0	0	0	0	1	0	0	0	0%	6%	0%	0%
Fresh Lemon Add-In - Small	9	0	0	0	0	0	0	0	1	0	0	0	0%	6%	0%	0%
Fresh Lemon Add-In - Medium	18	5	0	0	0	0	0	0	2	0	0	0	0%	15%	0%	0%
Fresh Lemon Add-In - Large	27	5	0	0	0	0	0	0	2	0	1	0	0%	20%	0%	0%
Fresh Lemon Add-In - Route 44®	36	10	0	0	0	0	0	0	3	0	1	0	0%	30%	0%	0%
Fresh Lime Add-In - Wacky Pack®	7	0	0	0	0	0	0	0	1	0	0	0	0%	4%	0%	0%
Fresh Lime Add-In - Small	7	0	0	0	0	0	0	0	1	0	0	0	0%	4%	0%	0%
Fresh Lime Add-In - Medium	14	5	0	0	0	0	0	0	1	0	0	0	0%	8%	0%	0%
Fresh Lime Add-In - Large	21	5	0	0	0	0	0	0	2	0	0	0	0%	10%	0%	0%
Fresh Lime Add-In - Route 44®	28	5	0	0	0	0	0	0	2	0	0	0	0%	15%	0%	0%
Strawberry Topping - Wacky Pack®	18	35	0	0	0	0	0	0	8	0	5	0	0%	6%	0%	0%
Strawberry Topping - Small	18	35	0	0	0	0	0	0	8	0	5	0	0%	6%	0%	0%
Strawberry Topping - Medium	35	70	0	0	0	0	0	10	17	1	11	1	0%	15%	0%	2%
Strawberry Topping - Large	53	100	0	0	0	0	0	15	25	1	16	1	0%	20%	0%	2%
Strawberry Topping - Route 44®	70	140	0	0	0	0	0	20	33	1	21	1	0%	25%	2%	2%
Pineapple Topping - Wacky Pack®	18	30	0	0	0	0	0	5	7	0	4	0	0%	40%	0%	0%
Pineapple Topping - Small	18	30	0	0	0	0	0	5	7	0	4	0	0%	40%	0%	0%
Pineapple Topping - Medium	35	60	0	0	0	0	0	10	14	0	8	0	0%	80%	0%	0%
Pineapple Topping - Large	53	90	0	0	0	0	0	15	21	0	12	0	0%	120%	0%	0%
Pineapple Topping - Route 44®	70	120	0	0	0	0	0	20	28	0	16	0	0%	160%	0%	0%
Minute Maid® Apple Juice Add-In - Wacky Pack®	9	15	0	0	0	0	0	0	4	0	4	0	0%	15%	0%	0%
Minute Maid® Apple Juice Add-In - Small	9	15	0	0	0	0	0	0	4	0	4	0	0%	15%	0%	0%
Minute Maid® Apple Juice Add-In - Medium	18	35	0	0	0	0	0	0	9	0	8	0	0%	30%	0%	0%
Minute Maid® Apple Juice Add-In - Large	27	50	0	0	0	0	0	5	13	0	12	0	0%	45%	0%	0%
Minute Maid® Apple Juice Add-In - Route 44®	36	70	0	0	0	0	0	10	18	0	16	0	0%	60%	0%	0%
Minute Maid® Cranberry** Juice - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	5	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice - Small	9	20	0	0	0	0	0	0	5	0	5	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice - Medium	18	40	0	0	0	0	0	0	10	0	10	0	0%	30%	0%	0%
Minute Maid® Cranberry** Juice - Large	28	60	0	0	0	0	0	5	15	0	15	0	0%	45%	0%	0%
Minute Maid® Cranberry** Juice - Route 44®	37	80	0	0	0	0	0	10	20	0	19	0	0%	60%	0%	0%
Hi-C® - Wacky Pack®	9	25	0	0	0	0	0	0	7	0	7	0	0%	25%	0%	0%
Hi-C® Small	9	25	0	0	0	0	0	0	7	0	7	0	0%	25%	0%	0%
Hi-C® Medium	19	50	0	0	0	0	0	0	14	0	14	0	0%	50%	0%	0%
Hi-C® Large	28	80	0	0	0	0	0	0	21	0	21	0	0%	70%	0%	0%
Hi-C® Route 44	37	100	0	0	0	0	0	10	28	0	28	0	0%	100%	0%	0%

Condiments

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Mustard	6	5	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Mayonnaise	12	80	80	9	1.5	0	5	60	0	0	0	0	0%	0%	0%	0%
Ketchup	9	10	0	0	0	0	0	110	2	0	2	0	0%	0%	0%	0%
Marinara Sauce	28	15	0	0	0	0	0	270	3	1	2	0	4%	0%	0%	2%
Picante Sauce	14	5	0	0	0	0	0	140	1	0	0	0	2%	0%	0%	0%
French Fry Sauce	14	25	0	0	0	0	0	130	7	1	2	0	0%	0%	0%	0%

Everyday Value Menu

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Tots - Small	70	200	120	13	2.5	0	0	440	20	2	0	2	0%	0%	2%	2%
French Fries - Small	71	200	70	8	1.5	0	0	270	30	2	0	2	0%	2%	2%	2%
Jr. FRITOS® Chili Cheese Wrap	116	330	160	17	6	0	25	690	34	3	2	12	10%	2%	20%	15%
Chicken Strip Sandwich	145	420	200	22	3.5	0	35	710	39	3	4	18	2%	0%	8%	15%
Jr. Deluxe Burger	134	350	180	20	6	0.5	40	440	28	3	4	15	2%	4%	10%	15%
Jr. Reese's Peanut Butter Cups® Sundae	90	160	45	4.5	3	0	15	75	27	0	21	3	2%	0%	6%	2%
Jr. M&M's® Sundae	91	180	60	7	4.5	0	15	55	26	0	23	2	2%	0%	8%	2%
Jr. Butterfinger® Sundae	90	170	60	6	3.5	0	15	65	26	0	20	2	2%	0%	6%	2%

Jr. Oreo® Sundae	85	150	50	5	3	0	15	90	22	0	17	2	2%	0%	6%	4%
Jr. Breakfast Burrito	116	330	190	21	8	0.5	235	790	25	2	1	13	10%	0%	20%	15%

Limited Time Only Products*

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Holiday Mint Blast (14oz)	406	700	260	29	21	1	60	190	103	0	93	8	10%	0%	30%	6%
Holiday Mint Blast (20oz)	619	1110	400	44	33	1.5	90	270	170	0	155	12	15%	0%	45%	10%

*Limited Time Only ("LTO") products are normally offered for thirty days. However, LTOs may be offered for more or fewer than thirty days depending on drive-in location and menu items may vary depending on drive-in locale and product availability. Contact your participating Sonic Drive-In for product availability and details.

**Cranberry consists of a Cranberry Juice Cocktail. Fruit and additional flavors may cost extra. "Coke," "Diet Coke," "Sprite," "Sprite Zero," "Barq's," "Fanta," "Minute Maid," "Hi-C," "POWERADE," and "Mountain Blast" trademarks of The Coca-Cola Company. Barq's' is a trademark of Barq's Inc. All rights reserved.

Sugar is in all slush mixes, lemons, limes, maraschino cherries and other flavorings or toppings added to the diet drinks, including limeades.

+Sugar is not in Lo-Cal Diet Cherry flavoring only.

SONIC® offers fresh bananas, limes and lemons. SONIC cherries, strawberries and pineapple are processed.

Daily recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium per day.

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