



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	279	780	430	48	16	1.5	100	1300	57	5	12	33	10%	10%	25%	30%
Super Sonic® Cheeseburger (w/ Mayonnaise)	343	980	570	64	24	2.5	165	1430	58	5	13	46	15%	10%	35%	35%
Super Sonic® Cheeseburger (w/ Mustard)	336	890	470	53	22	2.5	155	1460	57	5	13	46	15%	10%	35%	35%
Super Sonic® 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. Cheeseburger	135	380	180	20	9	1	55	930	31	3	8	18	8%	4%	20%	15%
Dixie Burger	255	660	340	37	10	1	70	810	55	5	11	26	6%	10%	15%	25%
Dixie cheeseburger	273	720	380	42	14	1.5	90	1120	56	5	12	29	10%	10%	25%	25%
Thousand Island Jr. Cheeseburger	137	430	240	27	10	1	60	700	30	3	6	18	10%	0%	20%	15%
California Cheeseburger	266	690	350	39	13	1.5	80	1060	57	5	13	29	15%	10%	25%	25%
Super Sonic® Jalapeno Cheeseburger	313	890	470	53	22	2.5	155	1600	56	5	12	46	15%	2%	35%	35%
Thousand Island Cheeseburger	266	680	340	38	13	1.5	85	1130	58	5	14	29	15%	10%	25%	25%
Jalapeno Cheeseburger	215	610	280	31	12	1.5	75	930	53	5	11	28	8%	2%	25%	25%
Jalapeno Burger	197	550	230	26	9	1	60	610	52	5	10	25	2%	2%	15%	25%
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%

Add Ons

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	10	1.5	0	0	0	200	2	1	2	0	4%	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%
Jr. Cheeseburger	135	380	180	20	9	1	55	930	31	3	8	18	8%	4%	20%	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%

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	1390	52	3	13	29	15%	10%	20%	15%

Fresh Tastes® 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	358	310	120	13	6	0	100	1070	19	4	8	29	110%	40%	20%	8%
Jumbo Popcorn Chicken® Salad	354	480	250	27	9	0.5	60	1410	39	6	9	22	110%	40%	25%	15%
Santa Fe Chicken Salad	406	380	140	15	7	1	100	1180	29	6	8	30	120%	50%	25%	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	57	260	250	28	4.5	0	20	490	0	0	0	0	0%	0%	0%	0%
Original Light Ranch Dressing	57	120	60	7	1	0	15	740	14	0	5	1	0%	0%	2%	0%
Honey Mustard	57	240	190	21	3	0	15	300	14	0	12	1	0%	0%	0%	0%
Fat Free Golden Italian	57	50	0	0	0	0	0	600	13	0	4	0	0%	0%	0%	0%
Southwest Ranch	57	120	60	7	1	0	15	770	15	0	5	1	4%	0%	0%	0%
Thousand Island	57	250	230	25	4	0	30	590	9	0	7	1	15%	4%	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	253	380	100	11	3	0	80	1440	44	3	5	29	6%	8%	15%	15%
Chicken Strip Wrap	232	470	180	20	4.5	0	40	1310	54	4	5	22	6%	10%	15%	15%
FRITOS® Chili Cheese Wrap	239	670	340	38	13	1	50	1360	66	6	4	22	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%
Jumbo Popcorn Chicken® - Snack	113	380	190	22	4	0	45	1250	27	3	1	18	0%	0%	2%	10%
Jumbo Popcorn Chicken® - Large	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
Extra-Long Chili Cheese Coney	237	600	290	33	11	1	75	1700	54	4	7	24	10%	2%	15%	25%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%
Extra-Long Slaw Dog	280	670	340	38	12	1	80	1770	60	4	8	24	15%	120%	20%	25%

Other 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
FRITOS® Chili Pie	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%
Burrito	122	370	160	18	6	0	15	480	40	6	0	10	8%	0%	4%	20%
Burrito Deluxe	156	420	200	22	7	0.5	25	640	43	6	1	13	15%	2%	6%	25%
Tacos	118	340	180	20	6	0.5	25	360	35	4	1	8	15%	0%	15%	10%

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 - Regular	156	500	250	28	5	6	0	210	55	4	13	6	0%	0%	40%	8%
Onion Rings - Large	227	720	370	41	7	8	0	300	79	5	18	9	0%	0%	60%	10%
Tater Tots - Regular	84	220	120	14	2.5	3	0	600	23	3	0	2	0%	2%	0%	4%
Tater Tots - Large	126	330	180	20	3.5	4	0	890	35	4	0	3	0%	4%	2%	6%
Tater Tots - SONIC Size	168	440	240	27	4.5	6	0	1190	46	5	0	3	0%	6%	2%	8%
French Fries-Regular	92	270	100	11	2	0	0	360	39	3	0	3	0%	4%	2%	4%
French Fries-Large	132	380	140	15	3	0	0	510	56	4	0	4	0%	6%	2%	6%
French Fries-Supersonic	151	430	160	17	3	0	0	580	65	5	0	5	0%	6%	2%	6%
French Fries w/cheese - Regular	93	280	140	15	5	2.5	20	570	29	4	1	6	6%	15%	10%	4%
French Fries w/cheese - Large	125	380	190	21	7	3	25	810	39	5	2	8	8%	15%	15%	6%
French Fries w/cheese - SONIC Size	170	510	250	28	10	4	35	1090	53	7	3	11	10%	20%	20%	8%
French Fries w/chili & cheese - Regular	122	300	160	18	6	2.5	25	530	31	5	1	9	10%	15%	15%	8%
French Fries w/chili & cheese - Large	186	440	240	27	10	3.5	40	820	43	6	2	14	15%	20%	20%	10%
French Fries w/chili & cheese - SONIC Size	262	620	330	37	13	4.5	55	1160	58	9	3	20	25%	25%	25%	15%
Tater Tots w/cheese - Regular	102	290	170	19	6	3	20	910	25	3	1	5	6%	2%	10%	4%
Tater Tots w/cheese - Large	153	430	250	28	8	4.5	25	1360	37	4	1	7	8%	4%	15%	6%
Tater Tots w/cheese - SONIC Size	204	570	340	38	11	6	35	1820	49	5	2	9	10%	6%	20%	8%
Tater Tots w/chili & cheese - Regular	131	310	190	21	7	3	25	860	26	3	1	8	10%	4%	10%	6%
Tater Tots w/chili & cheese - Large	193	440	250	28	7	4.5	20	1220	40	5	2	8	10%	6%	4%	10%
Tater Tots w/chili & cheese - SONIC Size	296	680	420	47	15	6	55	1880	55	7	2	18	25%	8%	25%	15%
Mozzarella Sticks	135	410	190	21	9	2.5	40	1040	35	2	1	19	10%	0%	35%	4%
Ched 'R' Bites	108	360	190	21	9	2	40	910	28	2	0	17	10%	0%	40%	0%
Ched 'R' Peppers	112	290	150	17	6	2.5	20	1040	28	2	1	8	8%	0%	15%	4%

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)	390	660	250	28	18	1	60	220	94	1	84	8	15%	0%	30%	10%
Oreo® Sonic Blast® - Large (20 oz)	559	960	360	40	25	1	85	310	139	2	124	12	20%	0%	45%	15%
M&M's® Sonic Blast® - Regular (14 oz)	390	660	250	28	18	1	60	220	95	1	84	8	15%	0%	30%	10%
M&M's® Sonic Blast® - Large (20 oz)	559	960	360	40	25	1	85	310	139	2	124	12	20%	0%	45%	15%
Reese's Peanut Butter Cups® Sonic Blast® - Regular (14 oz)	387	620	200	22	14	0.5	65	270	96	1	79	10	15%	0%	30%	8%
Reese's Peanut Butter Cups® Sonic Blast® - Large (20 oz)	555	900	270	30	19	1	90	400	142	2	115	15	20%	0%	40%	10%
Butterfinger® Sonic Blast® - Regular (14 oz)	389	670	280	31	19	1	60	250	89	1	77	9	10%	0%	25%	8%
Butterfinger® Sonic Blast® - Large (20 oz)	557	980	400	45	26	1.5	85	360	131	1	112	13	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)	417	540	180	20	12	1	75	230	82	0	72	8	15%	0%	30%	8%
Vanilla Shake - Large (20 oz)	603	780	260	29	18	1	105	330	118	0	104	11	20%	0%	45%	10%
Chocolate Shake - Regular (14 oz)	433	610	170	19	12	0.5	70	300	101	0	84	7	15%	0%	30%	8%
Chocolate Shake - Large (20 oz)	637	920	240	27	16	1	100	470	156	0	129	11	20%	0%	40%	10%
Strawberry Shake - Regular (14 oz)	430	580	170	19	12	0.5	70	220	94	1	79	8	15%	15%	30%	8%
Strawberry Shake - Large (20 oz)	631	860	240	27	16	1	100	320	143	1	118	11	20%	25%	40%	15%
Banana Shake - Regular (14 oz)	436	550	170	19	12	0.5	70	220	87	1	73	8	15%	6%	30%	8%
Banana Shake - Large (20 oz)	637	790	240	27	17	1	100	310	127	2	106	11	20%	10%	40%	10%
Pineapple Shake - Regular (14 oz)	430	570	170	19	12	0.5	70	230	92	0	76	7	15%	80%	30%	8%
Pineapple Shake - Large (20 oz)	631	840	240	27	16	1	100	330	138	0	113	10	20%	160%	40%	10%
Peanut Butter Shake-Regular (14 oz)	426	710	330	37	15	0.5	70	330	87	0	73	11	15%	0%	30%	8%
Peanut Butter Shake-Large-20 oz)	623	1120	570	63	22	1	100	540	128	0	107	18	20%	0%	40%	10%
Peanut Butter Fudge Shake-Reg (14 oz)	430	680	280	31	15	0.5	70	300	92	1	77	9	15%	0%	30%	8%
Peanut Butter Fudge Shake-Large (20 oz)	610	990	430	47	22	1	100	450	128	1	108	14	20%	0%	40%	10%
Hot Fudge Shake-Regular (14 oz)	431	640	220	24	16	0.5	70	270	97	1	81	7	15%	0%	30%	10%
Hot Fudge Shake-Large (20 oz)	633	980	330	37	25	1	100	420	148	2	123	10	20%	0%	40%	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)	420	550	190	21	13	1	75	240	84	0	73	8	15%	0%	30%	420
Vanilla Malt - Large (20 oz)	609	810	270	30	19	1	110	350	122	0	107	12	20%	0%	45%	609
Chocolate Malt - Regular (14 oz)	436	630	180	20	12	0.5	70	310	102	0	86	8	15%	0%	30%	436
Chocolate Malt - Large (20 oz)	643	950	260	28	17	1	100	490	160	0	132	11	20%	0%	40%	643
Strawberry Malt - Regular (14 oz)	433	590	180	20	12	0.5	70	230	96	1	80	8	15%	15%	30%	433
Strawberry Malt - Large (20 oz)	637	890	260	28	17	1	100	340	147	1	121	12	20%	25%	45%	637
Banana Malt - Regular (14 oz)	439	560	180	20	12	0.5	70	230	89	1	75	8	15%	6%	30%	439
Banana Malt - Large (20 oz)	643	820	260	29	17	1	100	330	131	2	109	12	20%	10%	45%	643
Pineapple Malt - Regular (14 oz)	433	590	180	20	12	0.5	70	240	93	0	78	8	15%	80%	30%	433
Pineapple Malt - Large (20 oz)	637	870	260	28	17	1	100	350	142	0	116	11	20%	160%	40%	637

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%	441
Strawberry CreamSlush® Treat - Large (20 oz)	578	620	130	15	9	0.5	55	200	118	1	99	7	10%	25%	25%	578
Orange CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	77	0	70	5	8%	0%	20%	437
Orange CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	210	104	0	94	6	10%	0%	25%	569
Cherry CreamSlush® Treat - Regular (14 oz)	437	440	110	13	8	0	45	160	77	0	71	5	8%	0%	20%	437
Cherry CreamSlush® Treat - Large (20 oz)	569	590	150	17	10	0.5	60	210	105	0	96	6	10%	0%	25%	569
Grape CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	76	0	70	5	8%	0%	20%	437
Grape CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	220	103	0	94	7	10%	0%	25%	569
Watermelon CreamSlush® Treat - Regular (14 oz)	437	440	110	13	8	0	45	160	77	0	70	5	8%	0%	20%	437
Watermelon CreamSlush® Treat - Large (20 oz)	570	590	150	17	10	0.5	60	210	105	0	94	7	10%	0%	25%	570
Blue Coconut CreamSlush® Treat - Regular (14 oz)	437	430	110	13	8	0	45	160	76	0	69	5	8%	0%	20%	437
Blue Coconut CreamSlush® Treat - Large (20 oz)	569	580	150	17	10	0.5	60	210	102	0	92	7	10%	0%	25%	569
Lemon CreamSlush® Treat - Regular (14 oz)	446	430	110	13	8	0	45	160	77	0	69	5	8%	8%	20%	446
Lemon CreamSlush® Treat - Large (20 oz)	587	590	150	17	10	0.5	60	210	104	0	92	7	10%	15%	25%	587
Lemon-Berry CreamSlush® Treat - Regular (14 oz)	450	460	100	12	7	0	45	150	85	1	73	5	8%	20%	20%	450
Lemon-Berry CreamSlush® Treat - Large (20 oz)	596	630	130	15	9	0.5	55	200	119	1	99	7	10%	40%	25%	596
Lime CreamSlush® Treat - Regular (14 oz)	444	430	110	13	8	0	45	160	77	0	69	5	8%	4%	20%	444
Lime CreamSlush® Treat - Large (20 oz)	583	580	150	17	10	0.5	60	210	104	0	92	7	10%	8%	25%	583

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)	477	690	210	23	15	1	65	230	113	1	96	8	15%	6%	30%	8%
Banana Cream Pie Shake - Large (20 oz)	698	1000	280	31	19	1.5	90	300	171	3	146	11	20%	10%	40%	10%
Coconut Cream Pie Shake - Regular (14 oz)	458	680	220	24	15	1	70	240	108	1	94	8	15%	0%	30%	8%
Coconut Cream Pie Shake - Large (20 oz)	665	990	290	32	20	1.5	100	330	162	1	144	11	20%	0%	40%	10%
Chocolate Cream Pie Shake - Regular (14 oz)	475	750	210	23	15	1	65	310	127	1	107	8	10%	0%	30%	8%
Chocolate Cream Pie Shake - Large (20 oz)	698	1130	270	30	19	1.5	90	470	200	1	169	11	15%	0%	40%	10%
Strawberry Cream Pie Shake - Regular (14 oz)	472	720	210	23	15	1	65	240	120	1	101	8	10%	15%	30%	8%
Strawberry Cream Pie Shake - Large (20 oz)	692	1070	270	30	19	1.5	90	330	187	2	158	11	15%	25%	40%	15%

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%

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	319	450	110	12	8	0	30	150	82	2	60	5	6%	60%	15%	4%
Junior Banana Split	139	200	40	4.5	3.5	0	10	60	38	1	27	2	2%	30%	4%	2%
Hot Fudge Cake Sundae	280	530	200	23	14	0	50	310	75	2	58	5	6%	0%	15%	30%
Banana Fudge	293	480	160	18	13	0	35	170	72	2	57	4	8%	6%	15%	6%

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%
Peanut Butter	248	510	280	31	12	0	35	230	53	0	44	8	6%	0%	15%	4%
Peanut Butter Fudge	250	470	220	25	13	0	35	200	58	1	48	6	6%	0%	15%	4%
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%
Nuts Add-On	3.5	20	15	1.5	0	0	0	0	1	0	0	1	0%	0%	0%	0%

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%
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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 - RT 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 - RT 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 - RT 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 - RT 44 (44 oz)	1235	670	0	0	0	0	0	105	177	1	165	1	0%	25%	2%	2%

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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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%

Breakfast Foods

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
Breakfast Bistro - Bacon, Egg & Cheese	162	510	270	30	10	0.5	320	1060	37	2	6	22	15%	0%	20%	20%
Breakfast Bistro - Ham, Egg & Cheese	181	460	220	24	7	0.5	325	1320	36	2	5	26	15%	0%	20%	25%
Breakfast Bistro - Sausage, Egg & Cheese	189	590	360	40	13	1	340	1000	37	2	5	23	15%	0%	20%	25%
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	167	470	270	30	11	1	325	1140	38	2	2	19	15%	0%	30%	20%
Breakfast Burritos - Bacon, Egg & Cheese	157	450	240	26	10	0.5	320	1240	38	2	2	20	15%	0%	30%	15%
Breakfast Burritos - Ham, Egg & Cheese	183	440	210	23	9	0.5	330	1630	37	2	2	26	15%	0%	30%	20%
Super Sonic® Breakfast Burrito	216	550	310	34	12	1.5	325	1340	47	4	3	20	15%	4%	30%	20%
French Toast Sticks (4)	136	500	230	26	5	4.5	25	580	59	2	12	8	0%	0%	10%	15%
Syrup	28	80	0	0	0	0	0	0	21	21	19	0	0%	0%	0%	0%

Breakfast 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
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%	0%	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%
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	54	0	48	4	0%	260%	4%	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 Juice - Regular (14 oz)	357	170	0	0	0	0	0	20	46	0	45	0	0%	140%	0%	0%
Minute Maid® Cranberry Juice - Large (20 oz)	434	210	0	0	0	0	0	25	56	0	54	0	0%	170%	0%	0%

Coffee 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
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	51	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	3	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%
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%
Hot Latté, Caramel (14 oz)	425	210	45	5	4.5	0	5	190	36	1	26	3	0%	0%	8%	0%
Hot Latté, Caramel (20 oz)	607	270	50	6	5	0	5	270	50	1	35	3	0%	0%	8%	0%
Hot Latté, Hazelnut (14 oz)	424	200	40	4.5	4	0	0	125	38	1	27	3	0%	0%	8%	0%
Hot Latté, Hazelnut (20 oz)	606	250	40	4.5	4	0	0	140	50	1	38	3	0%	0%	8%	0%
Hot Latté, Chocolate (14 oz)	424	210	40	4.5	4	0	0	160	38	1	25	3	0%	0%	8%	0%
Hot Latté, Chocolate (20 oz)	606	270	40	4.5	4	0	0	210	51	1	33	3	0%	0%	8%	0%
Hot Latté, Hazelnut/Chocolate (14 oz)	424	210	45	5	4.5	0	0	170	38	1	26	3	0%	0%	8%	0%
Hot Latté, Hazelnut/Chocolate (20 oz)	606	260	40	4.5	4	0	0	180	50	1	35	3	0%	0%	8%	0%
Hot Latté, Caramel/Hazelnut (14 oz)	424	210	45	5	4.5	0	0	160	38	1	27	3	0%	0%	8%	0%
Hot Latté, Caramel/Hazelnut (20 oz)	607	260	45	5	4.5	0	5	210	50	1	36	3	0%	0%	8%	0%
Hot Latté, Caramel/Chocolate (14 oz)	424	210	45	5	4.5	0	0	170	38	1	26	3	0%	0%	8%	0%
Hot Latté, Caramel/Chocolate (20 oz)	607	270	45	5	4.5	0	5	240	50	1	34	3	0%	0%	8%	0%

*Coffee products not currently available in all markets.

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® - RT 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® - RT 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® - RT 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® - RT 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® - RT 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%
Sprite® Zero - RT 44 (44 oz)	888	10	0	0	0	0	0	20	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%
Barq's® Root Beer Small (14 oz)	356	160	0	0	0	0	0	35	43	0	43	0	0%	0%	0%
Barq's® Root Beer Medium (20 oz)	433	190	0	0	0	0	0	40	52	0	52	0	0%	0%	0%
Barq's® Root Beer Large (32 oz)	681	310	0	0	0	0	0	65	82	0	82	0	0%	0%	0%
Barq's® Root Beer RT 44 (44 oz)	928	420	0	0	0	0	0	90	112	0	112	0	0%	0%	0%
Hi-C® Fruit Punch - Wacky Pack (12 oz)	278	120	0	0	0	0	0	10	31	0	31	0	0%	110%	0%
Hi-C® Fruit Punch - Small (14 oz)	356	150	0	0	0	0	0	15	40	0	40	0	0%	140%	0%
Hi-C® Fruit Punch - Medium (20 oz)	432	180	0	0	0	0	0	15	49	0	49	0	0%	170%	0%
Hi-C® Fruit Punch - Large (32 oz)	679	290	0	0	0	0	0	25	77	0	77	0	0%	270%	0%
Hi-C® Fruit Punch - RT 44 (44 oz)	926	390	0	0	0	0	0	35	105	0	105	0	0%	370%	0%
Minute Maid® Light Lemonade - Wacky Pack (12 oz)	267	5	0	0	0	0	0	5	1	0	1	0	0%	15%	0%
Minute Maid® Light Lemonade - Small (14 oz)	341	5	0	0	0	0	0	5	1	0	1	0	0%	15%	0%
Minute Maid® Light Lemonade - Medium (20 oz)	415	10	0	0	0	0	0	10	2	0	2	0	0%	20%	0%
Minute Maid® Light Lemonade - Large (32 oz)	652	15	0	0	0	0	0	15	3	0	3	0	0%	30%	0%
Minute Maid® Light Lemonade - RT 44 (44 oz)	889	20	0	0	0	0	0	20	4	0	4	0	0%	45%	0%
Fanta® Orange Soda - Wacky Pack 12 Ounces	278	120	0	0	0	0	0	0	33	0	33	0	0%	0%	0%
Fanta® Orange Soda - Small 14 Ounces	355	150	0	0	0	0	0	0	42	0	42	0	0%	0%	0%
Fanta® Orange Soda - Medium 20 Ounces	432	190	0	0	0	0	0	0	51	0	51	0	0%	0%	0%
Fanta® Orange Soda Large 32 Ounces	679	290	0	0	0	0	0	0	80	0	80	0	0%	0%	0%
Fanta® Orange Soda Route 44	926	400	0	0	0	0	0	0	109	0	109	0	0%	0%	0%
Fanta® Strawberry Soda - Wacky Pack-12 Ounces	278	130	0	0	0	0	0	0	35	0	35	0	0%	0%	0%
Fanta® Strawberry Soda - Small-14 Ounces	356	160	0	0	0	0	0	0	45	0	45	0	0%	0%	0%
Fanta® Strawberry Soda - Medium-20 Ounces	433	200	0	0	0	0	0	0	54	0	54	0	0%	0%	0%
Fanta® Strawberry Soda - Large-32 Ounces	680	310	0	0	0	0	0	0	85	0	85	0	0%	0%	0%
Fanta® Strawberry Soda - Route 44	928	420	0	0	0	0	0	0	116	0	116	0	0%	0%	0%
Mello Yello® - Wacky Pack 12 Ounces	278	120	0	0	0	0	0	10	33	0	33	0	0%	0%	0%
Mello Yello® - Small-14 Ounces	357	150	0	0	0	0	0	10	42	0	42	0	0%	0%	0%
Mello Yello® - Medium 20 Ounces	432	190	0	0	0	0	0	15	51	0	51	0	0%	0%	0%
Mello Yello® - Large 32 Ounces	678	290	0	0	0	0	0	20	80	0	80	0	0%	0%	0%
Mello Yello® - Route 44	925	400	0	0	0	0	0	30	109	0	109	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 Juice - Wacky Pack (12 oz)	279	130	0	0	0	0	0	15	36	0	35	0	0%	110%	0%	0%
Minute Maid® Cranberry Juice - Regular (14 oz)	357	170	0	0	0	0	0	20	46	0	45	0	0%	140%	0%	0%
Minute Maid® Cranberry Juice - 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	54	0	48	4	0%	260%	4%	0%
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%

Ice 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
Ice Tea - Wacky Pack (12 oz)	266	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Ice Tea-Small(14 oz)	340	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Ice Tea - Medium (20 oz)	414	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Ice Tea - Large (32 oz)	651	5	0	0	0	0	0	20	2	0	0	0	0%	0%	0%	0%
Ice Tea - RT 44 (44 oz)	887	10	0	0	0	0	0	25	3	0	0	0	0%	0%	0%	0%
Sweet Ice Tea - Wacky Pack (12 oz)	277	120	0	0	0	0	0	5	31	0	30	0	0%	0%	0%	0%
Sweet Ice Tea - Small (14 oz)	354	150	0	0	0	0	0	10	39	0	38	0	0%	0%	0%	0%
Sweet Ice Tea - Medium (20 oz)	431	180	0	0	0	0	0	10	48	0	47	0	0%	0%	0%	0%
Sweet Ice Tea - Large (32 oz)	678	290	0	0	0	0	0	20	75	0	73	0	0%	0%	0%	0%
Sweet Ice Tea - RT 44 (44 oz)	924	400	0	0	0	0	0	25	103	0	100	0	0%	0%	0%	0%
Raspberry Ice Tea - Wacky Pack (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Ice Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Ice Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	2	0	0	0	0%	0%	0%	0%
Raspberry Ice Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	2%	0%	0%
Raspberry Ice Tea - RT 44 (44 oz)	887	10	0	0	0	0	0	50	3	1	0	0	0%	2%	0%	0%
Peach Ice Tea - Wacky Pack (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Ice Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Ice Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	1	0	0	0	0%	0%	0%	0%
Peach Ice Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	0%	0%	0%
Peach Ice Tea - RT 44 (44 oz)	887	10	0	0	0	0	0	55	3	0	0	0	0%	0%	0%	0%

Hot Chocolate

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 Chocolate - Regular (14 oz)	205	120	25	2.5	2	0	0	170	23	1	17	1	0%	0%	0%	35%

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 - RT 44 (44 oz)	951	370	0	0	0	0	0	85	100	0	98	0	0%	15%	0%	0%
Lo-Cal Diet Limeade - Wacky Pack (12 oz)	273	5	0	0	0	0	0	5	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Limeade - Small (14 oz)	347	5	0	0	0	0	0	10	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Limeade - Medium (20 oz)	428	10	0	0	0	0	0	10	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Limeade - Large (32 oz)	665	10	0	0	0	0	0	15	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Limeade - RT 44 (44 oz)	916	15	0	0	0	0	0	25	2	0	0	0	0%	15%	0%	0%
Cherry Limeade - Wacky Pack (12 oz)	290	140	0	0	0	0	0	30	37	0	36	0	0%	4%	0%	0%
Cherry Limeade - Small (14 oz)	367	170	0	0	0	0	0	35	45	0	44	0	0%	4%	0%	0%
Cherry Limeade - Medium (20 oz)	453	220	0	0	0	0	0	45	59	0	57	0	0%	8%	0%	0%
Cherry Limeade - Large (32 oz)	707	340	0	0	0	0	0	65	91	0	88	0	0%	10%	0%	0%
Cherry Limeade - RT 44 (44 oz)	962	460	0	0	0	0	0	90	122	0	120	0	0%	15%	0%	0%
Lo-Cal Diet Cherry Limeade - Wacky Pack (12 oz)	277	10	0	0	0	0	0	10	2	0	1	0	0%	4%	0%	0%
Lo-Cal Diet Cherry Limeade - Small (14 oz)	350	10	0	0	0	0	0	10	2	0	1	0	0%	4%	0%	0%
Lo-Cal Diet Cherry Limeade - Medium (20 oz)	432	15	0	0	0	0	0	15	3	0	1	0	0%	8%	0%	0%
Lo-Cal Diet Cherry Limeade - Large (32 oz)	676	20	0	0	0	0	0	25	4	0	1	0	0%	10%	0%	0%
Lo-Cal Diet Cherry Limeade - RT 44 (44 oz)	920	25	0	0	0	0	0	30	4	0	1	0	0%	15%	0%	0%
Strawberry Limeade - Wacky Pack (12 oz)	286	140	0	0	0	0	0	30	36	0	33	0	0%	10%	0%	0%
Strawberry Limeade - Small (14 oz)	363	170	0	0	0	0	0	35	45	0	41	0	0%	10%	0%	0%
Strawberry Limeade - Medium (20 oz)	449	230	0	0	0	0	0	45	60	1	53	1	0%	20%	0%	2%
Strawberry Limeade - Large (32 oz)	704	360	0	0	0	0	0	70	93	1	83	1	0%	30%	2%	2%
Strawberry Limeade - RT 44 (44 oz)	959	480	0	0	0	0	0	95	126	1	112	1	0%	40%	2%	2%
Minute Maid® Apple Juice Limeade - Wacky Pack (12 oz)	285	120	0	0	0	0	0	25	33	0	33	0	0%	20%	0%	0%
Minute Maid® Apple Juice Limeade - Small (14 oz)	362	160	0	0	0	0	0	35	42	0	41	0	0%	20%	0%	0%
Minute Maid® Apple Juice Limeade - Medium (20 oz)	447	200	0	0	0	0	0	40	54	0	52	0	0%	40%	0%	0%
Minute Maid® Apple Juice Limeade - Large (32 oz)	701	310	0	0	0	0	0	65	84	0	82	0	0%	60%	0%	0%
Minute Maid® Apple Juice Limeade - RT 44 (44 oz)	956	430	0	0	0	0	0	90	114	0	111	0	0%	80%	0%	0%
Minute Maid® Cranberry Limeade - Wacky Pack (12 oz)	284	120	0	0	0	0	0	25	33	0	32	0	0%	15%	0%	0%
Minute Maid® Cranberry Limeade - Small (14 oz)	361	150	0	0	0	0	0	35	41	0	41	0	0%	15%	0%	0%
Minute Maid® Cranberry Limeade - Medium (20 oz)	445	200	0	0	0	0	0	40	53	0	52	0	0%	30%	0%	0%
Minute Maid® Cranberry Limeade - Large (32 oz)	698	310	0	0	0	0	0	65	83	0	81	0	0%	50%	0%	0%
Minute Maid® Cranberry Limeade - RT 44 (44 oz)	951	420	0	0	0	0	0	90	113	0	110	0	0%	60%	0%	0%

Juice 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
Minute Maid® Apple Juice Slush - Wacky Pack (12 oz)	335	170	0	0	0	0	0	25	45	0	44	0	0%	15%	0%	0%
Minute Maid® Apple Juice Slush - Small (14 oz)	390	190	0	0	0	0	0	30	51	0	51	0	0%	15%	0%	0%
Minute Maid® Apple Juice Slush - Medium (20 oz)	558	280	0	0	0	0	0	45	76	0	75	0	0%	30%	0%	0%
Minute Maid® Apple Juice Slush - Large (32 oz)	893	450	0	0	0	0	0	70	120	0	119	0	0%	45%	0%	0%
Minute Maid® Apple Juice Slush - RT 44 (44 oz)	1228	620	0	0	0	0	0	100	165	0	164	0	0%	60%	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 - RT 44 (44 oz)	1231	620	0	0	0	0	0	100	167	0	167	0	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® - RT 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 - RT 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® - RT 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)	435	460	0	0	0	0	0	180	113	8	91	1	160%	240%	150%	8%
Strawberry-Banana Fruit Smoothie - Regular (14 oz)	415	440	0	0	0	0	0	160	108	3	76	1	150%	160%	150%	10%
Tropical Fruit Smoothie - Regular (14 oz)	420	500	0	0	0	0	0	170	124	4	98	1	150%	270%	140%	10%

Flavor Add-Ins

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 - RT 44	38	80	0	0	0	0	0	30	19	1	17	0	0%	0%	0%	0%

Bubble Gum - Wacky Pack	9	20	0	0	0	0	0	10	5	0	4	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® - RT 44	69	100	0	0	0	0	0	80	26	0	26	0	0%	0%	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	5	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%
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 - RT 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 - RT 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 - RT 44	42	100	0	0	0	0	0	10	26	0	25	0	0%	0%	0%	0%
Diet Cherry - Wacky Pack	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Diet Cherry - Small	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Diet Cherry - Medium	19	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Diet Cherry - Large	26	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Diet Cherry - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 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 - RT 44	37	80	0	0	0	0	0	10	20	0	19	0	0%	60%	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%
Grape Jelly	14	35	0	0	0	0	0	0	9	0	7	0	0%	0%	0%	0%
Marinara Sauce	28	15	0	0	0	0	0	270	3	1	2	0	4%	0%	0%	2%
Sweet Relish	9	10	0	0	0	0	0	65	3	0	2	0	0%	0%	0%	0%
Strawberry Jam	14	40	0	0	0	0	0	0	9	0	8	0	0%	0%	2%	0%
French Fry Sauce	14	25	0	0	0	0	0	130	7	1	2	0	0%	0%	0%	0%
Picante Sauce	14	5	0	0	0	0	0	140	1	0	0	0	2%	0%	0%	0%

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
Blackberry Flavored Tea-12 oz	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Blackberry Flavored Tea-14 oz	340	5	0	0	0	0	0	20	1	0	0	0	0%	0%	0%	0%
Blackberry Flavored Tea-20 oz	414	5	0	0	0	0	0	30	2	0	0	0	0%	0%	0%	0%
Blackberry Flavored Tea-32 oz	651	10	0	0	0	0	0	45	2	0	0	0	0%	0%	0%	0%
Blackberry Flavored Tea-40 oz	887	10	0	0	0	0	0	60	3	0	0	0	0%	0%	0%	0%
Cinnasack-3 piece	93	350	120	13	3.5	0	0	450	51	2	20	7	2%	0%	6%	15%
Cinnasack-5 piece	155	580	190	22	6	0.5	0	740	84	3	33	12	4%	0%	10%	30%
Chicken Bacon Ranch Sandwich (grilled)	244	480	190	21	7	0	105	1370	37	3	7	36	10%	6%	20%	20%
Chicken Bacon Ranch Sandwich (Breaded)	246	630	300	33	9	0.5	70	1490	51	4	7	31	10%	6%	20%	20%
Grilled Chicken On Ciabatta with Mayonnaise	213	420	180	20	3	0	80	670	33	3	5	29	6%	6%	10%	15%
Breaded Chicken On Ciabatta	215	560	290	32	5	0	45	780	46	4	5	23	6%	6%	10%	20%
Jr. Fritos Chili Cheese Wrap	116	330	160	17	6	0	25	690	34	3	2	12	10%	2%	20%	15%
Jr. Grilled Chicken Wrap w/BBQ	146	260	80	9	4	0	50	920	30	2	6	18	8%	4%	20%	15%
Jr. Grilled Chicken Wrap w/Lt. Ranch	146	270	90	10	4	0	55	890	28	2	3	18	6%	2%	20%	15%
Jr. Popcorn Chicken w/Lt Ranch	144	350	160	18	5	0	35	1060	38	3	3	14	6%	2%	20%	15%
Jr. Popcorn Chicken w/BBQ	144	340	140	16	5	0	30	1090	40	3	6	14	8%	4%	20%	15%

*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.

Consumer Information Center

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