

Pilot. FOUNTAIN

Fountain		Nutrition Information											Allergens							t Info		
Item	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement	
Barq's Caffeine Free Root Beer	20oz.	300	0	0	0	0	0	120	82	0	82	0										
Barq's Root Beer	20oz.	300	0	0	0	0	0	120	81	0	81	0										
Barq's Red Crème Soda	20oz.	310	0	0	0	0	0	110	83	0	83	0										
Caffeine-free Diet Coke	20oz.	0	0	0	0	0	0	85	0	0	0	0										
Cherry Coca-Cola	20oz.	280	0	0	0	0	0	70	76	0	76	0										
Coca-Cola	20oz.	270	0	0	0	0	0	60	73	0	73	0										
Coca-Cola Zero	20oz.	0	0	0	0	0	0	70	0	0	0	0										
Diet Coke	20oz.	0	0	0	0	0	0	85	0	0	0	0										
Diet Coke with Lime	20oz.	5	0	0	0	0	0	85	0	0	0	0										
Fanta Apple	20oz.	300	0	0	0	0	0	100	81	0	81	0										
Fanta Birch Beer	20oz.	290	0	0	0	0	0	90	78	0	78	0										
Fanta Blue Raspberry	20oz.	310	0	0	0	0	0	85	85	0	85	0										
Fanta Cherry	20oz.	290	0	0	0	0	0	80	77	0	77	0										
Fanta Fruit Punch	20oz.	280	0	0	0	0	0	90	75	0	75	0										
Fanta Grape	20oz.	300	0	0	0	0	0	85	81	0	81	0										
Fanta Kiwi-Strawberry	20oz.	330	0	0	0	0	0	85	86	0	86	0										
Fanta Orange	20oz.	290	0	0	0	0	0	85	76	0	76	0										
Fanta Red	20oz.	290	0	0	0	0	0	70	78	0	77	0										
Fanta Strawberry	20oz.	300	0	0	0	0	0	85	83	0	83	0										
Fanta Strawberry (Texas Only)	20oz.	280	0	0	0	0	0	70	75	0	75	0										
Fresca	20oz.	0	0	0	0	0	0	80	1	0	0	0										
Fruitopia Strawberry Passion Awareness	20oz.	310	0	0	0	0	0	90	85	0	83	0										
Full Throttle Twisted	20oz.	290	0	0	0	0	0	210	76	0	76	0										
Fuze Lemon Black Tea	20oz.	160	0	0	0	0	0	80	42	0	42	0										
Fuze Peach Tea	20oz.	160	0	0	0	0	0	80	42	0	41	0										
Fuze Raspberry Tea	20oz.	160	0	0	0	0	0	80	42	0	41	0										
Fuze Sweet Tea	20oz.	160	0	0	0	0	0	80	42	0	42	0										
Fuze Unsweet Tea	20oz.	5	0	0	0	0	0	80	0	0	0	0										
Glacéau vitaminwater essential	20oz.	130	0	0	0	0	0	65	35	0	34	0										
Glacéau vitaminwater revive	20oz.	130	0	0	0	0	0	65	35	0	34	0										
Glacéau vitaminwater XXX	20oz.	130	0	0	0	0	0	65	35	0	34	0										
Glacéau vitaminwater XXX zero	20oz.	0	0	0	0	0	0	70	less than 1 g	0	0	0										
Glacéau vitaminwatersqueezed zero	20oz.	5	0	0	0	0	0	65	2	0	0	0										
Gold Peak Raspberry Tea	20oz.	160	0	0	0	0	0	80	45	0	45	0										
Gold Peak Peach Tea	20oz.	160	0	0	0	0	0	80	42	0	41	0										
Gold Peak Citrus White Tea	20oz.	220	0	0	0	0	0	80	59	0	59	0										
Gold Peak Diet Black Tea	20oz.	0	0	0	0	0	0	80	less than 1 g	0	0	0										

Coke

Coke

Barq's Root Beer	44oz.	660	0	0	0	0	0	270	179	0	179	0								
Barq's Red Crème Soda	44oz.	680	0	0	0	0	0	240	183	0	183	0								
Caffeine-free Diet Coke	44oz.	0	0	0	0	0	0	190	0	0	0	0								
Cherry Coca-Cola	44oz.	620	0	0	0	0	0	150	168	0	168	0								
Coca-Cola	44oz.	580	0	0	0	0	0	130	160	0	160	0								
Coca-Cola Zero	44oz.	0	0	0	0	0	0	150	0	0	0	0								
Diet Coke	44oz.	0	0	0	0	0	0	190	0	0	0	0								
Diet Coke with Lime	44oz.	10	0	0	0	0	0	190	less than 1 g	0	less than 1 g	0								
Fanta Apple	44oz.	670	0	0	0	0	0	220	177	0	177	0								
Fanta Birch Beer	44oz.	640	0	0	0	0	0	200	171	0	171	0								
Fanta Blue Raspberry	44oz.	690	0	0	0	0	0	180	187	0	187	0								
Fanta Cherry	44oz.	630	0	0	0	0	0	180	169	0	169	0								
Fanta Fruit Punch	44oz.	620	0	0	0	0	0	200	166	0	166	0								
Fanta Grape	44oz.	670	0	0	0	0	0	180	179	0	179	0								
Fanta Kiwi-Strawberry	44oz.	720	0	0	0	0	0	180	189	0	189	0								
Fanta Orange	44oz.	630	0	0	0	0	0	190	167	0	167	0								
Fanta Red	44oz.	630	0	0	0	0	0	160	172	0	169	0								
Fanta Strawberry	44oz.	670	0	0	0	0	0	180	183	0	183	0								
Fanta Strawberry (Texas Only)	44oz.	620	0	0	0	0	0	150	166	0	166	0								
Fresca	44oz.	10	0	0	0	0	0	180	3	0	0	0								
Fruitopia Strawberry Passion Awareness	44oz.	690	0	0	0	0	0	200	188	0	182	0								
Full Throttle Twisted	44oz.	630	0	0	0	0	0	460	166	0	166	0								
Fuze Lemon Black Tea	44oz.	350	0	0	0	0	0	170	92	0	92	0								
Fuze Peach Tea	44oz.	350	0	0	0	0	0	170	92	0	91	0								
Fuze Raspberry Tea	44oz.	350	0	0	0	0	0	170	92	0	91	0								
Fuze Sweet Tea	44oz.	350	0	0	0	0	0	180	92	0	92	0								
Fuze Unsweet Tea	44oz.	15	0	0	0	0	0	170	0	0	0	0								
Glaceau vitaminwater essential	44oz.	290	0	0	0	0	0	140	78	0	74	0								
Glaceau vitaminwater revive	44oz.	290	0	0	0	0	0	140	76	0	74	0								
Glaceau vitaminwater XXX	44oz.	280	0	0	0	0	0	140	76	0	74	0								
Glaceau vitaminwater XXX zero	44oz.	10	0	0	0	0	0	150	2	0	0	0								
Glaceau vitaminwatersqueezed zero	44oz.	10	0	0	0	0	0	150	4	0	0	0								
Gold Peak Raspberry Tea	44oz.	350	0	0	0	0	0	170	99	0	99	0								
Gold Peak Peach Tea	44oz.	350	0	0	0	0	0	170	92	0	91	0								
Gold Peak Citrus White Tea	44oz.	490	0	0	0	0	0	170	129	0	129	0								
Gold Peak Diet Black Tea	44oz.	0	0	0	0	0	0	180	1	0	0	0								
Gold Peak Diet Green Tea	44oz.	15	0	0	0	0	0	170	1	0	1	0								
Gold Peak Sweetened Green Tea	44oz.	370	0	0	0	0	0	190	99	0	99	0								
Gold Peak Premium Unsweetened Tea	44oz.	0	0	0	0	0	0	170	0	0	0	0								
Gold Peak Southern Style Tea	44oz.	570	0	0	0	0	0	180	144	0	143	0								
Gold Peak Sweetened Black Tea	44oz.	450	0	0	0	0	0	180	124	0	123	0								
Hi-C Flashn' Fruit Punch	44oz.	620	0	0	0	0	0	210	169	0	165	0								
Hi-C Orange Lavaburst	44oz.	650	0	0	0	0	0	150	180	0	175	0								
Hi-C Poppin' Pink Lemonade	44oz.	570	0	0	0	0	0	390	157	0	150	0								
Mello Yello	44oz.	630	0	0	0	0	0	180	169	0	169	0								
Minute Maid Lemonade	44oz.	570	0	0	0	0	0	390	158	0	150	0								
Minute Maid Light Lemonade	44oz.	30	0	0	0	0	0	160	0	0	0	0								
Minute Maid Light Pomegranate Lemonade	44oz.	30	0	0	0	0	0	240	6	0	0	0								
Minute Maid Limeade	44oz.	660	0	0	0	0	0	200	183	0	182	0								

Coke

Fanta Cherry	52oz.	740	0	0	0	0	0	210	199	0	199	0								
Fanta Fruit Punch	52oz.	730	0	0	0	0	0	240	196	0	196	0								
Fanta Grape	52oz.	790	0	0	0	0	0	220	212	0	212	0								
Fanta Kiwi-Strawberry	52oz.	850	0	0	0	0	0	220	224	0	224	0								
Fanta Orange	52oz.	740	0	0	0	0	0	220	198	0	198	0								
Fanta Red	52oz.	740	0	0	0	0	0	190	203	0	200	0								
Fanta Strawberry	52oz.	790	0	0	0	0	0	220	217	0	217	0								
Fanta Strawberry (Texas Only)	52oz.	730	0	0	0	0	0	180	196	0	196	0								
Fresca	52oz.	10	0	0	0	0	0	210	4	0	0	0								
Fruitopia Strawberry Passion Awareness	52oz.	820	0	0	0	0	0	240	222	0	215	0								
Full Throttle Twisted	52oz.	750	0	0	0	0	0	540	197	0	197	0								
Fuze Lemon Black Tea	52oz.	410	0	0	0	0	0	200	108	0	108	0								
Fuze Peach Tea	52oz.	410	0	0	0	0	0	200	109	0	108	0								
Fuze Raspberry Tea	52oz.	410	0	0	0	0	0	200	109	0	108	0								
Fuze Sweet Tea	52oz.	410	0	0	0	0	0	210	108	0	108	0								
Fuze Unsweet Tea	52oz.	15	0	0	0	0	0	200	0	0	0	0								
Glaceau vitaminwater essential	52oz.	340	0	0	0	0	0	170	92	0	87	0								
Glaceau vitaminwater revive	52oz.	340	0	0	0	0	0	170	90	0	87	0								
Glaceau vitaminwater XXX	52oz.	330	0	0	0	0	0	170	90	0	87	0								
Glaceau vitaminwater XXX zero	52oz.	10	0	0	0	0	0	180	2	0	0	0								
Glaceau vitaminwatersqueezed zero	52oz.	15	0	0	0	0	0	170	4	0	0	0								
Gold Peak Raspberry Tea	52oz.	420	0	0	0	0	0	200	117	0	117	0								
Gold Peak Peach Tea	52oz.	410	0	0	0	0	0	200	109	0	108	0								
Gold Peak Citrus White Tea	52oz.	580	0	0	0	0	0	200	153	0	153	0								
Gold Peak Diet Black Tea	52oz.	0	0	0	0	0	0	210	1	0	0	0								
Gold Peak Diet Green Tea	52oz.	15	0	0	0	0	0	200	1	0	1	0								
Gold Peak Sweetened Green Tea	52oz.	430	0	0	0	0	0	220	117	0	117	0								
Gold Peak Premium Unsweetened Tea	52oz.	0	0	0	0	0	0	200	0	0	0	0								
Gold Peak Southern Style Tea	52oz.	680	0	0	0	0	0	210	171	0	170	0								
Gold Peak Sweetened Black Tea	52oz.	540	0	0	0	0	0	210	146	0	146	0								
Hi-C Flashn' Fruit Punch	52oz.	730	0	0	0	0	0	240	200	0	195	0								
Hi-C Orange Lavaburst	52oz.	770	0	0	0	0	0	180	212	0	207	0								
Hi-C Poppin' Pink Lemonade	52oz.	670	0	0	0	0	0	460	186	0	177	0								
Mello Yello	52oz.	740	0	0	0	0	0	210	200	0	199	0								
Minute Maid Lemonade	52oz.	670	0	0	0	0	0	460	187	0	177	0								
Minute Maid Light Lemonade	52oz.	35	0	0	0	0	0	190	0	0	0	0								
Minute Maid Light Pomegranate Lemonade	52oz.	35	0	0	0	0	0	290	7	0	0	0								
Minute Maid Limeade	52oz.	780	0	0	0	0	0	230	217	0	215	0								
Pibb Xtra	52oz.	670	0	0	0	0	0	250	183	0	183	0								
POWERade Fruit Punch	52oz.	400	0	0	0	0	0	540	111	0	104	0								
POWERade Lemon-Lime	52oz.	390	0	0	0	0	0	540	104	0	101	0								
POWERade Mountain Blast	52oz.	390	0	0	0	0	0	510	104	0	103	0								
Red Flash	52oz.	730	0	0	0	0	0	300	196	0	196	0								
Seagram's Ginger Ale	52oz.	630	0	0	0	0	0	200	168	0	168	0								
Seagram's Ginger Ale Reduced Calorie	52oz.	450	0	0	0	0	0	200	117	0	117	0								
Seagram's Tonic Water	52oz.	580	0	0	0	0	0	220	154	0	154	0								
Sprite	52oz.	680	0	0	0	0	0	310	182	0	182	0								
Sprite Zero	52oz.	15	0	0	0	0	0	200	0	0	0	0								
Vanilla Coke	52oz.	730	0	0	0	0	0	180	196	0	196	0								

Pepsi	BRISK ICED TEA & LEMONADE	52oz.	260	0	0			165	72		72	0							
	BRISK SWEET ICED TEA	52oz.	330	0	0			165	91		91	0							
	BRISK UNSWEETENED NO LEMON ICED TEA	52oz.	5	0	0			200	1		0	0							
	GATORADE LEMON-LIME	52oz.	390	0	0			685	98		91	0							
	MTN DEW	52oz.	720	0	0			230	189		189	0							
	MTN DEW CODE RED	52oz.	720	0	0			230	202		202	0							
	DIET MTN DEW	52oz.	20	0	0			240	2		2	<1							
	MUG ROOT BEER	52oz.	650	0	0			100	169		169	0							
	PEPSI	52oz.	650	0	0			130	182		182	0							
	PEPSI MAX	52oz.	5	0	0			155	1		0	<1							
	PEPSI WILD CHERRY	52oz.	650	0	0			130	182		182	0							
	DIET PEPSI	52oz.	0	0	0			175	1		0	<1							
	TROPICANA LEMONADE (FTN)	52oz.	650	0	0			685	176		176	0							
DPSG	7UP	52oz.	630	0	0	0	0	220	167	0	165	0							
	Canada Dry Ginger Ale	52oz.	590	0	0	0	0	220	157	0	155	0							
	Country Time Lemonade	52oz.	580	0	0	0	0	590	151	0	149	0							
	Crush Orange Soda	52oz.	710	0	0	0	0	200	191	0	188	0							
	Dr Pepper	52oz.	620	0	0	0	0	190	169	0	166	0							
	Diet Dr Pepper	52oz.	5	0	0	0	0	310	1	0	0	0							
	Hawaiian Punch Fruit Juicy Red Juice Drink	52oz.	740	0	0	0	0	230	196	0	193	0							
	IBC Root Beer	52oz.	700	0	0	0	0	220	191	0	187	0							
	Squirt Citrus Soda	52oz.	620	0	0	0	0	200	167	0	165	0							
	Sun Drop Citrus Soda	52oz.	760	0	0	0	0	200	197	0	195	0							
Sunkist Orange Soda	52oz.	680	0	0	0	0	290	184	0	180	0								
BR	Big Red fountain (no ice)	52oz.	620	0	0	0	0	130	160	0	160	0							
	Barq's Caffeine Free Root Beer	64oz.	960	0	0	0	0	390	261	0	261	0							
	Barq's Root Beer	64oz.	960	0	0	0	0	390	261	0	261	0							
	Barq's Red Crème Soda	64oz.	990	0	0	0	0	350	266	0	266	0							
	Caffeine-free Diet Coke	64oz.	5	0	0	0	0	270	less than 1 g	0	less than 1 g	0							
	Cherry Coca-Cola	64oz.	900	0	0	0	0	220	244	0	244	0							
	Coca-Cola	64oz.	850	0	0	0	0	190	232	0	232	0							
	Coca-Cola Zero	64oz.	5	0	0	0	0	220	less than 1 g	0	less than 1 g	0							
	Diet Coke	64oz.	5	0	0	0	0	270	less than 1 g	0	less than 1 g	0							
	Diet Coke with Lime	64oz.	15	0	0	0	0	270	less than 1 g	0	less than 1 g	0							
	Fanta Apple	64oz.	970	0	0	0	0	320	258	0	258	0							
	Fanta Birch Beer	64oz.	930	0	0	0	0	290	249	0	249	0							
	Fanta Blue Raspberry	64oz.	1010	0	0	0	0	270	271	0	271	0							
	Fanta Cherry	64oz.	920	0	0	0	0	260	245	0	245	0							
	Fanta Fruit Punch	64oz.	900	0	0	0	0	290	242	0	242	0							
	Fanta Grape	64oz.	980	0	0	0	0	260	260	0	260	0							
	Fanta Kiwi-Strawberry	64oz.	1040	0	0	0	0	270	275	0	275	0							
	Fanta Orange	64oz.	910	0	0	0	0	280	243	0	243	0							
	Fanta Red	64oz.	910	0	0	0	0	230	250	0	246	0							
	Fanta Strawberry	64oz.	970	0	0	0	0	270	267	0	267	0							
	Fanta Strawberry (Texas Only)	64oz.	890	0	0	0	0	220	241	0	241	0							
	Fresca	64oz.	15	0	0	0	0	260	5	0	0	0							
	Fruitopia Strawberry Passion Awareness	64oz.	1010	0	0	0	0	290	273	0	265	0							
	Full Throttle Twisted	64oz.	920	0	0	0	0	670	242	0	242	0							

DPSG	DIET PEPSI	64oz.	0	0				220	1		0	<1							
	TROPICANA LEMONADE (FTN)	64oz.	800	0	0			840	216		216	0							
	7UP	64oz.	780	0	0	0	0	270	207	0	204	0							
	Canada Dry Ginger Ale	64oz.	730	0	0	0	0	270	194	0	191	0							
	Country Time Lemonade	64oz.	720	0	0	0	0	720	187	0	184	0							
	Crush Orange Soda	64oz.	880	0	0	0	0	250	236	0	232	0							
	Dr Pepper	64oz.	770	0	0	0	0	240	209	0	205	0							
	Diet Dr Pepper	64oz.	10	0	0	0	0	390	1	0	0	0							
	Hawaiian Punch Fruit Juicy Red Juice Drink	64oz.	920	0	0	0	0	290	242	0	238	0							
	IBC Root Beer	64oz.	870	0	0	0	0	270	237	0	232	0							
Squirt Citrus Soda	64oz.	770	0	0	0	0	250	207	0	204	0								
Sun Drop Citrus Soda	64oz.	930	0	0	0	0	250	244	0	241	0								
Sunkist Orange Soda	64oz.	840	0	0	0	0	360	227	0	223	0								
BR	Big Red fountain (no ice)	64oz.	680	0	0	0	0	160	220	0	220	0							

Pilot. BREWED TEA

Fresh Brewed Ice Tea	Nutrition Information												Allergens							Ingredient Info		
	Item	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement
Regular Black - Unsweet	20oz	0									0											x
Regular Black - Sweetened	20oz	92									23											x
Raspberry - Unsweet	20oz	0									0											x
Raspberry - Sweetened	20oz	92									23											x
Ginger Peach - Unsweet	20oz	0									0											x
Ginger Peach - Sweetened	20oz	92									23											x
Tropical Blue - Unsweet	20oz	0									0											x
Tropical Blue - Sweetened	20oz	92									23											x
Cirtus Spice Tea LTO	20oz	94							23		21											
Honeybush Caramel Tea LTO	20oz	170																				
																						x
Regular Black - Unsweet	32oz	0									0											x
Regular Black - Sweetened	32oz	147									37											x
Raspberry - Unsweet	32oz	0									0											x
Raspberry - Sweetened	32oz	147									37											x
Ginger Peach - Unsweet	32oz	0									0											x
Ginger Peach - Sweetened	32oz	147									37											x
Tropical Blue - Unsweet	32oz	0									0											x
Tropical Blue - Sweetened	32oz	147									37											x
Cirtus Spice Tea LTO	32oz	151							37		33											
Honeybush Caramel Tea LTO	32oz	280																				
																						x
Regular Black - Unsweet	44oz	0									0											x
Regular Black - Sweetened	44oz	202									51											x
Raspberry - Unsweet	44oz	0									0											x
Raspberry - Sweetened	44oz	202									51											x
Ginger Peach - Unsweet	44oz	0									0											x
Ginger Peach - Sweetened	44oz	202									51											x
Tropical Blue - Unsweet	44oz	0									0											x
Tropical Blue - Sweetened	44oz	202									51											x
Cirtus Spice Tea LTO	44oz	207							52		46											
Honeybush Caramel Tea LTO	44oz	380																				
																						x
Regular Black - Unsweet	52oz	0									0											x
Regular Black - Sweetened	52oz	238									61											x
Raspberry - Unsweet	52oz	0									0											x

1 oz = 28.3



BREWED TEA

Hot Beverage		Nutrition Information											Allergens							t Info		
Item	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement	
PFJ Pumpkin Eggnog Latte	16	230	45	5	2.5	0	35	430	47	1	43	2	X		X	X						X
PFJ Pumpkin Eggnog Latte	20	290	50	6	3	0	45	540	59	1	54	2	X		X	X						X
PFJ Pumpkin Eggnog Latte	24	350	60	7	4	0	55	650	70	1	64	2	X		X	X						X
PFJ TASTYKAKE CAPPUCCINO 2#	16	220	30	3.5	3	0	0	420	48	1	44	2			X							X
PFJ TASTYKAKE CAPPUCCINO 2#	20	280	40	4	4	0	0	520	60	1	55	2			X							X
PFJ TASTYKAKE CAPPUCCINO 2#	24	330	45	5	4.5	0	0	620	71	1	66	2			X							X
PFJ RED VELVET MOCHA 2#	16	230	40	4.5	4	0	0	370	48	1	43	1			X							X
PFJ RED VELVET MOCHA 2#	20	280	50	5	5	0	0	460	60	1	54	2			X							X
PFJ RED VELVET MOCHA 2#	24	340	60	6	6	0	0	560	72	2	64	2			X							X
PFJ GLAZED DONUT CAPP 2#	16	230	40	4.5	4	0	0	400	47	1	42	1			X							X
PFJ GLAZED DONUT CAPP 2#	20	290	50	6	5	0	0	500	59	1	53	2			X							X
PFJ GLAZED DONUT CAPP 2#	24	340	60	7	6	0	0	600	70	1	64	2			X							X
Pilot Pumpkin Pie Sp Capp 6/2#	16	220	25	3	1.5	0	0	330	50	1	46	1			X	X						X
Pilot Pumpkin Pie Sp Capp 6/2#	20	280	35	3.5	2	0	0	420	62	1	58	1			X	X						X
Pilot Pumpkin Pie Sp Capp 6/2#	24	340	40	4.5	2.5	0	0	500	75	1	69	1			X	X						X
Gingerbread Latte	16	220	30	3.5	3	0	0	350	49	1	45	1			X							X
Gingerbread Latte	20	280	35	4	3.5	0	0	440	61	1	56	1			X							X
Gingerbread Latte	24	340	45	5	4.5	0	0	530	74	1	68	1			X							X
MIDNIGHT COCOA 6/2#	16	220	45	5	4.5	0	0	280	45	1	40	3			X							X
MIDNIGHT COCOA 6/2#	20	280	50	6	5	0	0	350	57	2	51	3			X							X
MIDNIGHT COCOA 6/2#	24	340	70	7	6	0	0	420	68	2	61	4			X							X
PFJ French Vanilla Alert Capp 6/2#	16	220	30	3.5	3	0	0	350	49	1	45	1			X							X
PFJ French Vanilla Alert Capp 6/2#	20	280	40	4	4	0	0	440	61	1	57	1			X							X
PFJ French Vanilla Alert Capp 6/2#	24	340	45	5	4.5	0	0	530	73	1	68	1			X							X
PFJ French Vanilla Capp 6/2#	16	220	30	3.5	3	0	0	350	49	1	45	1			X							X
PFJ French Vanilla Capp 6/2#	20	280	40	4	4	0	0	440	61	1	57	1			X							X
PFJ French Vanilla Capp 6/2#	24	340	45	5	4.5	0	0	530	74	1	68	1			X							X
PFJ Hot Chocolate 6/2#	16	230	45	4.5	4	0	0	230	47	1	42	2			X							X
PFJ Hot Chocolate 6/2#	20	280	50	6	5	0	0	290	58	1	52	3			X							X
PFJ Hot Chocolate 6/2#	24	340	60	7	6	0	0	340	70	2	63	3			X							X
PFJ HOT COCOA MADE W/HERSHEY'S 2#	16	230	40	4.5	4	0	0	230	46	1	42	3			X							X
PFJ HOT COCOA MADE W/HERSHEY'S 2#	20	280	50	6	5	0	0	280	58	1	52	3			X							X
PFJ HOT COCOA MADE W/HERSHEY'S 2#	24	340	60	7	6	0	0	340	70	2	63	4			X							X
PFJ MEXICAN HOT CHOCOLATE 6/2#	16	230	50	6	5	0	0	210	44	1	38	4			X							X
PFJ MEXICAN HOT CHOCOLATE 6/2#	20	290	60	7	6	0	0	260	55	2	47	5			X							X
PFJ MEXICAN HOT CHOCOLATE 6/2#	24	340	70	8	7	0	0	320	66	2	56	6			X							X
PFJ Mocha Alert Cappuccino 6/2#	16	220	25	3	2.5	0	0	340	49	1	44	1			X							X

Cappuccino

	PFJ Mocha Alert Cappuccino 6/2#	20	270	35	3.5	3	0	0	430	61	1	56	1			X					X
	PFJ Mocha Alert Cappuccino 6/2#	24	330	40	4.5	4	0	0	510	73	2	67	2			X					X
	PFJ Pumpkin Eggnog Latte	16	230	45	5	2.5	0	35	430	47	1	43	2	X		X	X				X
	PFJ Pumpkin Eggnog Latte	20	290	50	6	3	0	45	540	59	1	54	2	X		X	X				X
	PFJ Pumpkin Eggnog Latte	24	350	60	7	4	0	55	650	70	1	64	2	X		X	X				X
	PFJ SUGAR-FREE FR VANILLA 6/1.3#	16	160	45	5	5	0	0	240	26	1	1	1			X	X				X
	PFJ SUGAR-FREE FR VANILLA 6/1.3#	20	200	60	7	6	0	0	300	33	1	1	1			X	X				X
	PFJ SUGAR-FREE FR VANILLA 6/1.3#	24	240	70	8	7	0	0	360	39	1	1	1			X	X				X
	WHITE CHOCOLATE COCOA 6/2#	16	230	40	4.5	4	0	0	410	47	1	43	2			X					X
	WHITE CHOCOLATE COCOA 6/2#	20	280	50	5	5	0	0	520	59	1	53	2			X					X
WHITE CHOCOLATE COCOA 6/2#	24	340	60	7	6	0	0	620	71	1	64	2			X					X	
Coffee	All Coffees (Regular & Decaffeinated)	16	0	0	0	0	0	0	10	0	0	0	1								x
	All Coffees (Regular & Decaffeinated)	20	5	0	0	0	0	0	10	0	0	0	1								x
	All Coffees (Regular & Decaffeinated)	24	5	0	0	0	0	0	15	0	0	0	1								x
Iced Coffee	French Vanilla Latte -733	20oz	199	70	8	8	0	0	385	31	0	25	2			x	x				x
	Mocha Latte- 732	20oz	213	79	9	9	0	0	393	32	0	25	2			x	x				x
	Premium Black -356	20oz	28	0	0	0	0	0	10	5	0	0	2								
	Caramel Latte - 734	20oz	222	80	9	9	0	0	445	34	0	27	2			x	x				
	French Vanilla Latte -733	30oz	298	105	12	12	0	0	578	47	0	37	3			x	x				
	Mocha Latte- 732	30oz	319	119	13	13	0	0	590	48	0	37	3			x	x				
	Premium Black -356	30oz	42	0	0	0	0	0	15	8	0	0	3								
Caramel Latte - 734	30oz	333	120	14	13	0	0	668	52	0	40	2			x	x					

Bakery		Nutrition Information											Allergens								
Item	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	
Thaw n Serve																					
Wenner Bakery	Ring Dots Pinky Dots Donut Ring / 60661	60	260	150	17	9	0	0	230	23	2	7	4	X		X	X	X			
	Large Glazed Doughnut Dots Donut Ring / 65590	70	280	140	16	7	0	0	170	31	1	10	4	X		X	X	X			
	Big Cocoa Dots Donut Ring / 24690	80	360	220	24	14	0	0	310	32	2	10	5	X		X	X	X		X	
	Cocoa & Hazelnut Dots Donut Ring / 22020	64	300	180	20	10	0	0	240	25	1	8	4	X		X	X	X		X	
	Long Dot - Cocoa & Hazelnut Long Doughnut / 62810	100	450	250	28	11	0	10	320	43	2	19	5	X		X	X	X		X	
	Apple Fritter	113	450	220	24	11	0	30	540	52	2	22	6	X		X	X	X			
	Donut Hole - Glazed	45	210	90	11	5	0	10	160	26	0	15	2	X		X	X	X			

Mary Ann's	Donut Hole – Chocolate	42	190	100	11	7	0	5	180	21	1	11	2	X		X	X	X			
	Donut Hole – Powdered	11	45	20	2	1	0	0	45	5	0	3	0	X		X	X	X			
Morrison's	Berry Blast Ygrt MuffinsTulip	142	430	170	20	5	0	65	400	56	2	29	5	X			X	X			
	Blueberry Crmb Ygrt Muffins Tulip	142	500	200	0	5	0	75	460	70	1	39	7	X			X	X			
	Chocolate Choc Chip Ygrt MuffinsTulip	142	490	200	23	6	0	60	190	66	2	37	7	X			X	X			
	Pumpkin Ygrt Muffins Tulip	142	480	190	22	6	0	80	540	65	2	33	6	X			X	X			
Choice Foods	Original Rice Crispy Bar (2 servings per bar)	50	180	32	3.5	0.3	0	0	80	36	0	16	1			X	X	X	X		
	Rainbow Chocolate Chip Rice Crispy Bar (2 servings per bar)	50	184	32	3.5	0.3	0	0	160	36	0	16	2			X	X	X	X		
	LTO (S'mores Bar)	99	362	90	10	3.5	0	0	287	65	0	37	3			X	X	X	X		
	Chocolate Chip Cookie 15916	52	260	120	13	6	0	5	160	33	1	19	2	X		X	X	X	Shared Equipment	Shared Equipment	
	Oatmeal Raisen Cookie 15921	52	240	90	10	4.5	0	5	200	34	1	17	3	X		Shared Equipment	X	X	Shared Equipment	Shared Equipment	

Rich's	LTO (Pumpkin Spice Cookie) 15283	39	170	60	7	4	0	10	140	27	1	14	2	X		X	X	X	Shared Equipment	Shared Equipment
	READY TO FINISH (RTF)																			
Rich's	Yeast Donut Ring 13517	70	320	180	20	9	0	0	310	30	1	4	5	Shared Equipment		X	X	X		
	Jumbo Chocolate Cake Donut Ring 12655	85	350	190	21	10	0	15	560	36	2	13	5	X		X	X	X		
	Apple Fritter 52153	109	470	260	29	14	0	0	330	46	2	11	6	X		X	X	X		
	honey dip donut icing 11601	40	130	0	0	0	0	0	0	32	0	32	0							
	koko dipping icing 12288	35	110	0	0	0	0	0	50	27	1	26	0			X	X			
	choc donut icing bag ez 29391	35	150	50	6	3.5	0	0	45	23	1	21	0			X	X			
	white donut icing bag ez 29392	35	120	0	0.5	0.5	0	0	20	29	0	28	0				X			
	Diamond Glaze® - RTU	100	310	0	0	0	0	0	10	80	<1	70	0							
CHOCOLATE QUICK DIPP™ ICING	100	250	5	0.05	0	0	0	70	62	1	61	1								
Lemon RTU Ultra Dip-N-Dry®	100	300	25	2.5	2.5	0	0	65	69	<1	62	0								
Blue RTU Ultra Dip-N-Dry®	100	300	25	2.5	0	0	0	55	70	<1	64	0								
Red RTU Ultra Dip-N-Dry®	100	300	25	2.5	0	0	0	65	70	<1	65	0								
Yellow RTU Ultra Dip-N-Dry®	100	300	25	2.5	0	0	0	55	70	<1	64	0								
Orange Dip n Dry (seasonal)	100	300	25	2.5	2.5	0	0	70	69	<1	69	0								
Other fall seasonal?																				
Lawrence Foods																				

1 oz = 28.349 grams



HORCHATA & LEMONADE

Product	Calories per 1 oz finished beverage without ice								Calories per 1 oz finished beverage with 30% ice							
		20 no ice	24 no ice	30 no ice	32 no ice	42 no ice	44 no ice	52 no ice		20 w/ice	24 w/ice	30 w/ice	32 w/ice	42 w/ice	44 w/ice	52 w/ice
AF Horchata 100011	13.75	275	330	412.5	440	577.5	605	715	9.625	192.5	231	288.75	308	404.25	423.5	500.5
AF Tamarindo 100030	12.5	250	300	375	400	525	550	650	8.75	175	210	262.5	280	367.5	385	455
AF Melon 100034	12.5	250	300	375	400	525	550	650	8.75	175	210	262.5	280	367.5	385	455
AF Jamaica 100029	11.25	225	270	337.5	360	472.5	495	585	7.875	157.5	189	236.25	252	330.75	346.5	409.5
Homestyle Lemonade 103021	10	200	240	300	320	420	440	520	7	140	168	210	224	294	308	364

ESPRESSO

16 oz. Iced Caramel Macchiato	16	272	64	7.2	2.8	0	16	160	42.4	0	32	7.2									
20 oz Hot Caramel Macchiato	20	370	90	10	4.5	0	25	230	56	0	43	11			X						
20 oz Hot Latte	20	210	70	8	5	0	30	200	21	0	19	13			X						
20oz Hot Latte - with syrup	20	310	70	8	5	0	30	200	44	0	40	13			X						
20 oz Hot Cappuccino	20	210	70	8	5	0	30	200	21	0	19	13			X						
20oz Hot Cappuccino - with syrup	20	310	70	8	5	0	30	200	44	0	40	13			X						
20 oz Hot Mocha	20	520	180	20	11	0	65	230	72	0	63	15			X						
20 oz Iced Caramel Macchiato	20	340	80	9	3.5	0	20	200	53	0	40	9			X						
20 oz Iced Latte	20	150	50	6	3.5	0	20	140	15	0	13	9			X						
20oz Iced Latte - with syrup	20	250	50	6	3.5	0	20	150	39	0	35	9			X						
20 oz Iced Cappuccino	20	150	50	6	3.5	0	20	140	15	0	13	9			X						
20oz Iced Cappuccino - with syrup	20	250	50	6	3.5	0	20	150	39	0	35	9			X						
20 oz Iced Mocha	20	460	150	17	9	0	55	180	66	0	57	11			X						
24oz Iced Caramel Macchiato	24	420	100	11	5	0	30	270	64	0	50	13			X						
24 oz Iced Latte	24	210	70	8	5	0	30	200	21	0	19	13			X						
24oz Iced Latte - with syrup	24	330	70	8	5	0	30	210	50	0	45	13			X						
24 oz Iced Cappuccino	24	210	70	8	5	0	30	200	21	0	19	13			X						
24oz Iced Cappuccino - with syrup	24	330	70	8	5	0	30	210	50	0	45	13			X						
24oz Iced Mocha	24	570	180	20	11	0	65	250	84	0	73	15			X						
Items with Whole Milk																					
12 oz Hot Caramel Macchiato	12	260	80	9	3.5	0	20	140	38	0	27	6			X						
12 oz Hot Latte	12	130	60	7	4	0	20	95	11	0	10	7			X						
12 oz Hot Latte - with syrup	12	190	60	7	4	0	20	100	25	0	23	7			X						
12 oz Hot Cappuccino	12	130	60	7	4	0	20	95	11	0	10	7			X						
12 oz Hot Cappuccino - with syrup	12	190	60	7	4	0	20	100	25	0	23	7			X						
12 oz Hot Mocha	12	340	160	17	10	0	55	115	39	0	34	8			X						
12 oz Iced Caramel Macchiato	12	250	70	8	3	0	15	130	37	0	26	5			X						
12 oz Iced Latte	12	100	45	5	3	0	15	70	8	0	7	5			X						
12 oz Iced Latte - with syrup	12	160	45	5	3	0	15	70	22	0	20	5			X						
12 oz Iced Cappuccino	12	100	45	5	3	0	15	70	8	0	7	5			X						
12 oz Iced Cappuccino - with syrup	12	160	45	5	3	0	15	70	22	0	20	5			X						
12 oz Iced Mocha	12	290	130	14	8	0	45	75	35	0	29	5			X						
16 oz Hot Caramel Macchiato	16	320	100	11	4.5	0	25	170	46	0	34	8			X						
16 oz Hot Latte	16	190	90	10	6	0	30	140	16	0	15	10			X						
16 oz Hot Latte - with syrup	16	270	90	10	6	0	30	140	35	0	32	10			X						
16 oz Hot Cappuccino	16	190	90	10	6	0	30	140	16	0	15	10			X						
16 oz Hot Cappuccino - with syrup	16	270	90	10	6	0	30	140	35	0	32	10			X						
16 oz Hot Mocha	16	430	180	20	11	0	60	150	54	0	47	10			X						
20 oz Hot Caramel Macchiato	20	400	130	14	6	0	35	220	56	0	43	11			X						
20 oz Hot Latte	20	250	120	13	7	0	40	180	20	0	19	13			X						
20oz Hot Latte - with syrup	20	350	120	13	7	0	40	190	44	0	40	13			X						
20 oz Hot Cappuccino	20	250	120	13	7	0	40	180	20	0	19	13			X						
20oz Hot Cappuccino - with syrup	20	350	120	13	7	0	40	190	44	0	40	13			X						
20 oz Hot Mocha	20	560	220	25	13	0	70	220	72	0	62	14			X						
20 oz Iced Caramel Macchiato	20	370	110	12	5	0	25	190	53	0	40	9			X						
20 oz Iced Latte	20	180	80	9	5	0	25	130	15	0	13	9			X						
20oz Iced Latte - with syrup	20	280	80	9	5	0	25	135	38	0	34	9			X						
20 oz Iced Cappuccino	20	180	80	9	5	0	25	130	15	0	13	9			X						
20oz Iced Cappuccino - with syrup	20	280	80	9	5	0	25	135	38	0	34	9			X						
20 oz Iced Mocha	20	480	190	21	11	0	60	160	22	0	57	10			X						
24oz Iced Caramel Macchiato	24	460	150	16	8	0	40	250	64	0	50	13			X						
24 oz Iced Latte	24	250	120	13	8	0	40	190	21	0	19	13			X						
24oz Iced Latte - with syrup	24	370	120	13	8	0	40	190	49	0	44	13			X						
24 oz Iced Cappuccino	24	250	120	13	8	0	40	190	21	0	19	13			X						

CB / NITRO	24oz Iced Cappuccino - with syrup	24	370	120	13	8	0	40	190	49	0	44	13			X							
	24oz Iced Mocha	24	610	230	25	13	0	70	230	84	0	72	14			X							
	20 oz Nitro Brew	20	5	0	0	0	0	0	10	0	0	0	1										
	20 oz Cold Brew	20	5	0	0	0	0	0	10	0	0	0	1										
	30 oz Nitro Brew	30	10	0	0	0	0	0	20	0	0	0	1										
	30 oz Cold Brew	30	10	0	0	0	0	0	20	0	0	0	1										
Frozen	Real Cream Frappe Base Coffee	3	140	25	2.5	1.5	0	10	180	26	0	25	3			x							Whole milk, water, sugar, heavy cream,
	Blended Frappe (Chocolate)	16	497	90	9	6	0	28	521	94	1	90	9			x							
		24	733	125	13	8	0	42	769	142	1	135	14			x							
	Blended Frappe (Caramel)	16	519	108	12	8	0	36	555	94	0	83	9			x							
		24	771	157	17	11	0	54	825	140	0	124	14			x							
	Frozen Yogurt Base	2.7	120	0	0	0	0	0	115	25	0	20	4			x							
	Blended Frozen Yogurt (Strawberry)	16	388	15	2	2	0	0	272	81	1	67	9			x							
		24	559	15	2	2	0	0	399	118	2	98	14			x							
	Blended Frozen Yogurt (Strawberry-Banana)	16	399	15	2	2	0	0	272	84	1	70	9			x							
		24	574	15	2	2	0	0	399	123	2	103	14			x							
	Blended Frozen Yogurt (Peach)	16	399	15	2	2	0	0	274	85	1	72	9			x							
		24	574	15	2	2	0	0	403	125	2	104	14			x							
	Blended Frozen Yogurt (Mango)	16	404	15	2	2	0	0	272	85	1	72	9			x							
		24	582	15	2	2	0	0	399	125	2	105	14			x							
	Chocolate Milkshake	16	824	428	46	30	0	110	216	93	1	85	13			x							
		24	1215	623	67	44	0	162	320	140	1	128	20			x							
	Ice Cream Base	2.7	230	130	14	9	0	35	65	23	0	21	4			x							
	Strawberry Milkshake	16	648	322	35	23	0	83	153	76	1	70	9			x							
		24	941	466	51	33	0	122	226	112	2	101	14			x							
	Caramel Milkshake	16	847	447	49	32	0	118	250	92	0	79	13			x							
		24	1252	654	71	47	0	175	376	138	0	117	20			x							
	Smoothies	Strawberry Smoothie	16	344	15	2	2	0	0	81	4	75	0			x							
		24	494	15	2	2	0	0	119	6	109	0			x								
Strawberry Banana Smoothie		16	386	15	2	2	0	0	96	4	87	0			x								
		24	556	15	2	2	0	0	140	6	127	0			x								
Peach Smoothie		16	386	15	2	2	0	0	11	100	4	91	0			x							
		24	556	15	2	2	0	0	16	146	6	133	0			x							
Mango Smoothie		16	408	15	2	2	0	0	100	4	93	0			x								
		24	588	15	2	2	0	0	146	6	136	0			x								
Strawberry, Mix		4	150	0	0	0	0	0	38	2	34	0			x								
Strawberry - Banana, Mix		4	170	0	0	0	0	0	44	2	40	0			x								
Flavor Shots	Peach, Mix	4	170	0	0	0	0	5	46	2	42	0			x								
	Mango, Mix	4	180	0	0	0	0	0	46	2	43	0			x								
	Sugar Free Vanilla	1	0	0	0	0	0	0	5	0	0	0											
	Caramel Syrup	1	80	0	0	0	0	0	20	0	19	0											
	Irish Cream Syrup	1	100	0	0	0	0	0	23	0	23	0											
	Hazelnut Syrup	1	80	0	0	0	0	0	19	0	19	0											
	Vanilla Syrup	1	80	0	0	0	0	0	20	0	20	0											
	Vanilla Bean Syrup	1	90	0	0	0	0	0	23	0	23	0											
	Salted Caramel Syrup	1	100	0	0	0	0	0	100	25	0	24	0										
	Caramel Sauce	1	130	30	3.5	2.5	0	10	60	24	0	14	1										
	Dark Chocolate Sauce	1	100	5	0.5	0	0	0	15	25	1	23	1										
White Chocolate Sauce	1	100	5	0.5	0	0	0	75	24	0	24	1											
Whipped Topping	2 tbl	25	15	2	2	0	0	0	2	0	2	0			x								



SMALL FORMAT FOOD

Pizza	Nutrition Information												Allergens						Ingredient		
	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut		Tree Nut	Contains MSG, BHA, and/or BHT
Chicken Bacon Alfredo SLICE	88	235	114	13	6	0	61	792	7	1	1	21	X	X	X	X	X				
Chicken Bacon Alfredo WHOLE	528	1410	684	78	36	0	366	4752	42	6	6	126	X	X	X	X	X				
Garlic Chicken Pesto SLICE	153	338	179	20	7	0	59	742	15	1	4	22	X	X	X	X	X				
Garlic Chicken Pesto WHOLE	918	2028	1074	120	42	0	354	4452	90	6	24	132	X	X	X	X	X				
Margherita SLICE	112	157	90	10	4	0	27	332	9	1	3	8	X	X	X	X	X				
Margherita WHOLE	672	942	540	60	24	0	162	1992	54	6	18	48	X	X	X	X	X				
Mega Meatball SLICE	157	300	166	18	9	0	67	1070	9	1	3	20	X	X	X	X	X				
Mega Meatball WHOLE	942	1800	996	108	54	0	402	6420	54	6	18	120	X	X	X	X	X				
Pepperoni SLICE	92	222	130	15	6	0	37	679	8	1	3	12	X	X	X	X	X				
Pepperoni WHOLE	552	1332	780	90	36	0	222	4074	48	6	18	72	X	X	X	X	X				
Sausage & Peppers SLICE	129	231	134	15	6	0	38	814	11	2	4	13	X	X	X	X	X				
Sausage & Peppers WHOLE	774	1386	804	90	36	0	228	4884	66	12	24	78	X	X	X	X	X				
BBQ Chicken Bacon SLICE	121	300	141	16	6	0	70	1098	19	1	2	21	X	X	X	X	X				
BBQ Chicken Bacon WHOLE	726	1800	846	96	36	0	420	6588	114	6	12	126	X	X	X	X	X				
Buffalo Blue Cheese Chicken SLICE	110	204	101	11	5	0	45	1458	7	1	1	18	X	X	X	X	X				
Buffalo Blue Cheese Chicken WHOLE	660	1224	606	66	30	0	270	8748	42	6	6	108	X	X	X	X	X				
Four Cheese SLICE	101	211	12	12	7	0	38	560	9	1	3	14	X	X	X	X	X				
Four Cheese WHOLE	606	1266	72	72	42	0	228	3360	54	6	18	84	X	X	X	X	X				



PIZZA

Pizza	Nutrition Information												Allergens						Notes			
	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement	
CC Cookie SLICE	100	500	233	23	11	0	16	416	63	3	33	3	x			x	x					
CC Cookie WHOLE	600	3000	1400	140	70	0	100	2500	380	20	200	20	x			x	x					
Cheese SLICE	205	460	140	16	6	1	20	1060	58	3	2	22	x		x	x	x					x
Cheese WHOLE	1230	2760	840	96	36	3	120	6360	348	18	12	132	x		x	x	x					x
Mega Meatball SLICE	285	707	304	33	13	1	96	1972	60	4	5	40	x		x	x	x					
Mega Meatball WHOLE	1710	4242	1824	198	78	6	576	11832	360	24	30	240	x		x	x	x					
Chicken Cordon Bleu SLICE	257	590	220	24	9	1	80	1400	58	2	3	37	x		x	x	x					
Chicken Cordon Bleu WHOLE	1543	3520	1300	144	56	3	475	8380	349	15	21	219	x		x	x	x					
Loaded Omelet SLICE	159	385	256	28	11	1	202	1046	8	1	2	23	x		x	x	x					
Loaded Omelet WHOLE	954	2310	1536	168	66	3	1212	6276	48	6	12	138	x		x	x	x					
Mega Meat SLICE	253	630	260	29	10	1	70	1770	58	3	2	31	x		x	x	x			x	x	
Mega Meat WHOLE	1518	3780	1560	174	60	3	420	10620	348	18	12	186	x		x	x	x			x	x	
Pepperoni SLICE	220	540	200	22	8	1	35	1320	58	3	2	25	x		x	x	x			x	x	
Pepperoni WHOLE	1320	3240	1200	132	48	3	210	7920	348	18	12	150	x		x	x	x			x	x	
Sausage Gravy SLICE	191	457	0	21	8	1	37	1020	43	2	1	23	x		x	x	x					
Sausage Gravy WHOLE	1146	2742	0	126	48	3	222	6120	258	12	5	138	x		x	x	x					
Supreme SLICE	259	550	200	22	7	1	35	1360	59	3	3	25	x		x	x	x			x	x	
Supreme WHOLE	1554	3300	1200	132	42	3	210	8160	354	18	18	150	x		x	x	x			x	x	

1 oz = 28.349 grams



HOT FOOD

Hot Food		Nutrition Information											Allergens							Ingredient Info					
Item	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement				
Breakfast	Sausage Egg and Cheese French Toast	248	580	260	28	10	0	355	1450	52	2	17	27	X		X	X	X							
	Bacon Egg and Cheese French Toast	218	500	190	21	8	0	335	1310	51	1	17	25	X		X	X	X							
	Angus Steak, Egg, & Cheese Bagel	206	540	250	28	11	1.5	175	950	42	1	3	30	X		X	X	X							
	Sausage Egg and Cheese Maple Griddle	197	490	220	24	10	0	150	1750	46	1	16	19	X		X	X	X							
	Sausage Egg and Cheese Biscuit	180	530	290	33	16	0	150	1610	36	1	4	19	X		X	X	X							
	Ham, Egg & Swiss Cheese Croissant	179	480	240	27	10	0	135	1120	43	1	7	20	X		X	X	X							
	Mega Meat Burrito	283	600	250	28	11	1	260	1300	59	1	2	27	X		X	X	X							
	Chicken Biscuit	166	460	210	23	13	0	35	1480	41	2	2	20	X		X	X	X							
	Canadian Style Bacon, Egg & Cheese Muffin	147	340	140	15	5	0	145	1090	29	1	1	19	X		X	X	X							
Breakfast Entrees/Sides	Sausage Patties (2)	100	310	250	30	10	5	60	830	20	0	0	10									x			
	Bacon (4 Slices)	30	170	120	10	5	0	40	740	0	0	0	10										x		
	Scrambled Eggs (10oz)	280	430	310	30	10	0	890	1050	10	0	10	30	x		x	x						x		
	Hashbrown Patty	63	130	63	7	1	0	0	240	15	0	0	0				x						x		
	Home Fries (3.5 oz Bfast platter ingred)	100	190	100	11	0	0	0	417	21	0	0	0					x					x		
	Sausage Gravy Medium	280	350	250	28	13	0	69	1225	10	0	0	16			x	x	x			x		x		
	Sausage Gravy Large	392	490	350	39	18	0	96	1715	14	1	0	22												
	Maple Brown Sugar Oatmeal Medium	340	280	71	7	4	0	14	184	45	3	20	6					x						x	
	Maple Brown Sugar Oatmeal Large	454	400	99	10	6	0	20	258	63	4	28	8											x	
	Breakfast Bowl Medium	340	510	230	30	10	0	40	1300	60	10	10	10	x		x	x	x			x			x	
	Breakfast Bowl Large	470	630	290	30	20	0	60	1580	70	10	20	20	x		x	x	x			x			x	
	Breakfast Platter w/ Bacon	418	880	520	58	17	0	714	2550	57	5	5	37	x		x	x	x						x	
	Breakfast Platter w/ Sausage	486	1020	660	73	22	0	740	2640	75	5	10	37	x		x	x	x						x	
	Biscuits and Gravy Breakfast Platter	740	1450	730	81	36	0	721	4210	134	12	8	45	x		x	x	x			x			x	
	Sides	Baked beans (8 oz)	280	150	10	1	0	0	0	350	29	6	10	7				x							x
Green Beans (10 oz)		280	100	50	0	0	0	0	50	17	7	2	2			x	x							x	
Corn (10 oz)		280	220	150	20	5	5	0	140	20	5	5	5			x	x							x	
Mashed potatoes (4 oz)		100	130	70	8	5	0	20	352	12	5	5	5			x								x	
Mashed potatoes (4 oz) & brown gravy (1 oz)		146	230	80	9	6	0	24	2137	30	5	7	5												x
Mashed Potatoes (10 oz) w/ Brown Gravy (1 oz)		310	450	200	22	14	0	60	2765	51	4	10	6			x	x	x			x				x
Potato Wedges (6 oz)		170	280	130	14	0	0	0	790	36	0	0	0				x	x						x	
Brown Gravy (1 oz)		28	85	0	0	0	0	0	1760	20	0	10	0			x	x	x			x				x
Biscuit		2.5	200	70	8	4.5	0	0	600	29	1	2	3			x	x	x							x
Entrees	Roasted Chicken Half	252	540	270	30	7.5	0	195	1830	6	0	3	60			x									x
	Meatloaf (1 slice) w/ Ketchup & Brown sugar glaze	120	280	110	15	5	0	60	480	20	5	20	20	x		x	x	x							x
	Meatloaf (2 slices) w/ Ketchup & Brown Sugar Glaze	240	560	220	30	10	0	120	960	40	10	40	40	x		x	x	x							x
	Pot Roast	283	370	144	16	62	16	89	839	8	2	2	39			x									
S	Corn Dog	110	280	140	15	4.5	0	45	830	26	1	9	10	x			x	x							x
	Corn Dog Jalapeno Cheese	110	300	160	18	5	0	85	910	25	1	10	10	x		x	x	x							x

Traditional Hot Food	Burrito Beef & Bean	110	290	130	14	5	0	20	340	30	5	0	10					x	x											x					
	Cheeseburger	160	440	220	20	10	0	80	920	30	5	5	30			x	x	x													x				
	Double Bacon Cheeseburger	270	800	480	50	20	0	180	1890	30	5	5	50			x	x	x														x			
	Macaroni and Cheese Medium (Medium)	280	680	262	29	10	4	35	1600	3	3	10	26	x		x	x	x																	
	Macaroni and Cheese Large (Large)	392	960	367	41	14	7	49	2240	4	4	14	36	x		x	x	x																	
	Chicken Wing 1	28	65	39	4	0	0	18	193	0	0	0	5					x	x														x		
	Chicken Wings 6	168	390	230	24	0	0	108	772	0	0	0	30					x	x														x		
	Chicken Wings 9	252	590	350	36	0	0	162	1737	0	0	0	45					x	x														x		
	Chicken Wings 13	364	850	507	52	0	0	234	2509	0	0	0	65					x	x															x	
	Chicken Wing Spicy 1	28	70	40	5	0	0	18	223	0	0	0	5	x				x	x											x				x	
	Chicken Wing Spicy 6	168	420	240	30	0	0	108	1338	0	0	0	30	x				x	x												x			x	
	Chicken Wing Spicy 9	252	630	360	45	0	0	162	2007	0	0	0	45	x				x	x												x			x	
	Chicken Wing Spicy 13	364	910	520	65	0	0	234	2899	0	0	0	65	x				x	x												x			x	
	Chicken Tender 1	60	130	63	7	1	0	13	330	10	0	0	8					x	x															x	
	Chicken Tender 3	180	390	189	21	3	0	39	990	30	0	0	24					x	x															x	
	Chicken Tender 6	360	780	378	42	6	0	78	1980	60	0	0	48					x	x															x	
Chicken Tender 9	540	1170	567	63	9	0	117	2970	90	0	0	72					x	x															x		
Egg Roll Pork	85	180	80	9	2	0	15	450	18	0	0	10	x				x	x																x	
Taco Bar	Breakfast Taco w/ Bacon (3 strips of bacon)	90	290	160	18	5	0	120	921	16	0	0	16	x			x	x	x															x	
	Breakfast Taco w/ Sausage	116	310	200	22	8	0	126	780	25	0	0	13	x			x	x	x																x
	Breakfast Taco w/ Chorizo	90	280	170	20	10	0	120	530	40	5	0	10	x			x	x	x																x
	Taco w/ Steak	140	320	160	20	10	0	60	960	20	5	0	20				x	x	x																x
	Taco w/ Texas Sausage	130	370	250	30	60	0	60	920	20	5	0	20				x	x	x												x				x
	Taco w/ Brisket	130	250	60	10	5	0	70	710	20	5	0	30				x	x	x																x
	Taco w/ Chicken	155	220	64	7	4	0	44	746	19	0	0	22				x	x	x																
Vegetarian Taco (Bean & cheese)	80	270	70	10	5	0	10	790	40	10	0	10				x	x	x																x	
Boudin Ball	43	70	20	3	1	0	15	200	7	0	0	4					x	x																x	
Meat Pie	1 ea	330	130	14	4	0	20	390	35	5	0	10	x				x	x	x												x				x



SOUP

Soup		Nutrition Information											Allergens					ient					
Item	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement		
Medium	Maple Brown Sugar Oatmeal Medium	10	280	71	7	4	0	14	184	45	3	20	6			x		x				x	
	Sausage Gravy Medium	10	350	250	28	13	0	69	1225	10	0	0	16			x	x	x				x	
	Stuffed Bell Pepper Medium	10	170	80	8	3	0.5	25	1430	17	1	3	8				x	x				x	
	Chicken Pot Pie Medium	10	280	142	17	4	0	43	1191	17	2	3	17	x		x	x	x				x	
	Potato Soup Medium	10	400	288	31	16	0	63	1275	23	1	3	9			x	x	x				x	
	Chili Medium	10	580	125	15	5	0.5	38	863	76	18	4	34			x							x
	Minestrone Medium	10	110	15	1.5	0	0	0	910	20	4	4	5			x	x	x					
	Broccoli Cheese Medium	10	320	210	25	14	0	56	1190	14	2	5	9			x	x	x					
Tomato Basil Medium	10	270	190	21	11	0	55	900	18	2	7	3			x	x	x						
Large	Stuffed Bell Pepper Large	14	240	110	12	4.5	1	35	2000	23	2	5	11				x	x				x	
	Chicken Pot Pie Large	14	400	198	24	6	0	60	1667	24	3	4	24	x		x	x	x				x	
	Maple Brown Sugar Oatmeal Large	14	400	99	10	6	0	20	258	63	4	28	8			x		x				x	
	Sausage Gravy Large	14	490	350	39	18	0	96	1715	14	1	0	22			x	x	x				x	
	Potato Soup Large	14	560	403	44	23	0	88	1785	32	2	4	12			x	x	x				x	
	Chili Large	14	800	175	21	7	0.7	53	1208	106	25	6	48			x							x
	Minestrone Large	14	160	20	2	0	0	0	1280	28	5	5	7				x	x	x				
	Broccoli Cheese	14	450	300	35	19	0	79	1666	19	2	8	12			x	x	x					
Tomato Basil	14	390	270	30	15	0	75	1270	25	3	10	5			x	x	x						
Stuffed Bell Pepper	14	240	110	12	4.5	1	35	2000	23	2	5	11			x	x	x						

1 oz = 28.349 grams

Grill		Nutrition Information											Allergens							nt Info		
Item	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement	
Hot Dogs	OM All Beef Hot Dog 5/1	91	300	250	28	12	1.5	60	900	2	0	1	11									x
	OM Jalapeno Dog with Cheese 5/1	91	260	220	24	8	0	65	1060	1	0	1	11			x						x
	OM Cheeseburger Link 6/1	76	240	180	20	8	1	60	380	3	1	0	12			x	x	x				x
	Maple Enrobed Breakfast Link	75	280	170	19	7	0	35	680	18	1	5	10				x	x				x
	Breakfast Link	57	210	180	20	7	0	40	470	1	0	0	8				x	x				x
	Potato Brat Bun (Hot dog bun)	45	140	30	3.5	0.5	0	0	230	24	1	3	4				x	x				x
	Italian Sausage Pizza Link	91	290	230	26	10	0	60	770	20	1	2	14			x	x	x				x
Cheesy Bratwurst	113	385	305	34	13	0	90	988	1	0	1	19			x	x	x					
Special Tornados	Tornado Ranchero Steak	85	180	60	6	1.5	0	10	350	23	1	1	8	x		x	x	x				x
	Tornado Southwest Chicken	85	170	60	6	1.5	0	2	200	23	1	1	6	x		x	x	x				x
	Tornado Cheesy Pepper Jack	85	220	110	12	5	0	25	240	22	0	1	7	x		x	x	x				x
	Tornado Saus Egg Chs	85	180	70	8	2	0	15	280	21	0	0	5	x		x	x	x				x
	Tornado Bac Egg Chs	85	180	70	8	2	0	50	340	22	1	1	6	x		x	x	x				x
	Tornado Supreme Omelet	85	200	80	9	2.5	0	35	290	22	1	1	6	x		x	x	x				x
Special	Sriracha Chicken Rollerbite	82	180	70	8	2.5	0	30	640	13	1	3	14			x	x	x				
	Buffalo Chicken Rollerbite	82	190	80	8	2.5	0	30	820	15	0	2	14			x	x	x				x
	Monterey Jack Chcken Rollerbite	82	190	80	9	3	0	35	550	13	0	1	14			x	x	x				x
	Pork Eggroll	85	170	80	9	2.5	0	15	460	18	2	3	6	x	x		x	x				x
	Pork Tamale	85	160	74	8	2	0	17	451	15	2	1	8				x					x
Nacho	Gehl's Chili	57	60	25	3	1.5	0	0	610	6	2	1	3				x					x
	Gehl's Cheese	57	70	45	5	2.5	0	0	560	6	1	1	0			x						x
	Corn Dog	113	280	130	14	4	0	45	700	27	1	9	10	x			x	x				x
Jalapeno Cheese Corn Dog	113	280	130	14	4.5	0	55	880	28	1	9	10	x		x	x	x					

1 oz = 28.349 grams



COLD FOOD

Cold Food		Nutrition Information											Allergens						t Info				
Item		Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Milk	Soy	Wheat	Peanut	Tree Nut	Contains MSG, BHA, and/or BHT	Ingredient Statement	
Deli Cups	Grape Cup (9 oz)	255	180	0	0	0	0	0	5	46	5	38	5										x
	Cantaloupe Cup (10.5 oz)	298	120	0	0	0	0	0	62	35	0	32	0										x
	Mixed Fruit Cup (10 oz)	283	140	0	0	0	0	0	35	38	0	35	0										x
	Pepperoni Cup	130	560	430	48	28	0	147	1301	5	0	0	29			x						x	x
	Egg Cup (5 eggs)	250	400	225	25	68	0	1050	300	5	0	5	30	x									x
Picnic Salad	Macaroni Salad (6 oz)	170	390	270	30	6	0	18	938	33	0	10	6	x			x	x					x
	Potato Salad (6 oz)	170	240	90	10	0	0	6	607	39	0	10	0	x			x						x
Fresh Sandwich Salads	Salad, Side	356	360	200	22	11	0	470	415	10	5	7	25	x		x							x
	Salad, Mega Meat	399	640	420	46	22	0	198	2235	9	5	5	45	x		x						x	x
	Salad, Chef	459	480	240	27	14	0	420	1399	11	5	7	47	x		x							x
	Salad, Chicken Tender	458	710	430	48	17	0	470	1768	22	5	5	46	x		x	x	x					x
Fresh Sandwiches	Roast Beef & Cheddar Sub	278	450	111	12	40	0	75	1501	48	1	0	40					x					
	Turkey & Provolone Sub	225	490	127	14	54	0	20	1381	52	4	6	39					x					
	Ham & Cheddar Sub	225	400	99	11	36	0	77	1349	43	1	0	36					x					
	Club Sub	282	440	99	11	36	0	47	1289	51	5	6	36					x					
	Italian Sub	309	620	267	29	108	0	118	2174	44	1	0	47					x					

1 oz = 28.349 grams