

Nutritional Information

Updated December 1, 2010



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	Serving Size (g, oz)	Servings Per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Doughnuts																			
Apple Fritter	87g	1	210	130	14	7	0	5	110	18	1	4	3	0	2	8	8	0	0
Baseball Doughnut	68g	1	290	150	17	8	0	0	125	33	<1	16	4	0	2	4	6	0	0
Caramel Kreme Crunch	96g	1	390	180	20	10	0	5	170	50	<1	30	4	0	2	6	6	0	0
Chocolate Iced Cake	71g	1	280	140	15	7	0	20	320	34	<1	19	3	0	0	2	8	0	0
Chocolate Iced Custard Filled	89g	1	310	160	17	8	0	0	150	36	<1	19	4	0	2	4	6	0	0
Chocolate Iced Glazed	64g	1	240	100	11	5	0	5	95	33	<1	21	2	0	2	6	4	0	0
Chocolate Iced Glazed Cruller	70g	1	260	110	12	5	0	15	260	38	<1	25	2	0	0	2	6	0	0
Chocolate Iced Glazed Football Stamp	72g	1	290	150	17	8	0	0	125	31	<1	15	4	0	2	4	6	0	0
Chocolate Iced Glazed Hearts w/Strawberry Kreme Filling and Red Drizzle	93g	1	360	190	20	10	0	0	150	43	<1	25	4	0	2	4	6	0	0
Chocolate Iced Kreme Filling	89g	1	360	190	21	10	0	0	140	40	<1	23	4	0	2	4	6	0	0
Chocolate Iced Kreme Filling Web (Halloween)	100g	1	400	180	20	10	0	0	140	51	<1	34	4	0	2	4	6	0	0
Chocolate Iced Glazed with Sprinkles	72g	1	270	100	11	5	0	5	95	41	<1	27	2	0	2	6	4	0	0
Chocolate Iced Raspberry Filled	89g	1	310	150	17	8	0	0	125	36	<1	19	4	0	2	4	6	0	0
Cinnamon Apple Filled	81g	1	290	150	16	8	0	5	150	33	<1	14	3	0	2	10	6	0	0
Cinnamon Bun	67g	1	260	150	16	8	0	5	125	28	<1	13	3	0	2	10	6	0	0
Cinnamon Twist	59g	1	240	140	15	7	0	5	130	23	<1	7	3	0	2	8	6	0	0
Doughnut Hole Glazed Blueberry Cake = 4 Holes	51g	1	190	80	8	4	0	15	210	26	<1	16	2	0	0	2	6	0	0
Doughnut Hole Glazed Cake = 4 holes	51g	1	200	90	10	4.5	0	15	220	26	<1	16	2	0	0	2	6	0	0
Doughnut Hole Glazed Chocolate Cake = 4 Holes	51g	1	190	80	9	4.5	0	15	200	25	1	15	2	0	0	2	6	0	0
Doughnut Hole Original Glazed = 4 Holes	54g	1	200	100	11	4.5	0	0	90	26	0	15	2	0	0	6	4	0	0
Doughnut Hole Pumpkin Spice = 4 Holes	51g	1	210	90	10	4.5	0	15	240	29	0	17	2	0	0	4	6	0	0
Dulce de Leche	75g	1	300	160	18	9	0	5	160	31	<1	14	3	0	2	10	6	0	0
Éclair - Chocolate Iced Banana Filled w/Yellow Drizzle	99g	1	290	120	13	6	0	0	90	41	<1	27	3	0	2	4	4	0	0
Éclair - Chocolate Iced Chocolate Filled w/Chocolate Drizzle	99g	1	290	150	16	7	0	0	120	39	2	23	4	0	2	4	6	0	0

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Éclair - White Iced Strawberries & Kreme Filling w/Pink Drizzle	99g	1	330	150	16	8	0	5	110	43	<1	29	3	0	2	4	4	0	0
Glazed Blueberry Cake	80g	1	300	130	14	7	0	20	230	42	<1	28	2	0	0	2	8	0	0
Glazed Chocolate Cake	80g	1	300	130	15	7	0	20	230	41	2	26	3	0	0	2	10	0	0
Glazed Cinnamon	53g	1	200	100	11	4.5	0	0	90	25	<1	13	2	0	2	4	4	0	0
Glazed Cruller	56g	1	220	100	12	5	0	15	260	27	<1	15	2	0	0	2	6	0	0
Glazed Kreme Filling	84g	1	340	180	20	10	0	5	140	38	<1	22	3	0	2	8	6	0	0
Glazed Lemon Filled	85g	1	290	140	16	8	0	5	135	35	<1	17	3	0	2	8	6	0	0
Glazed Raspberry Filled	84g	1	290	140	16	8	0	5	125	36	<1	20	3	0	2	8	6	0	0
Glazed Sour Cream	80g	1	310	130	14	7	0	20	250	43	<1	27	2	0	0	2	8	0	0
Jack o' Lantern	74g	1	280	120	13	6	0	0	110	38	<1	24	3	0	2	4	6	0	0
Maple Iced Glazed	64g	1	230	100	11	5	0	0	90	32	<1	20	2	0	2	4	4	0	0
Mini Chocolate Iced Glazed	30g	1	110	50	5	2.5	0	0	45	16	0	10	1	0	0	2	2	0	0
Mini Chocolate Iced with Sprinkles	35g	1	130	50	5	2.5	0	0	45	20	0	13	1	0	0	2	2	0	0
Mini Original Glazed	23g	1	90	45	5	2.5	0	0	40	10	0	5	1	0	0	2	2	0	0
New York Cheesecake	96g	1	350	190	21	10	0	10	200	36	<1	17	4	2	2	6	8	0	0
Original Glazed	49g	1	190	100	11	5	0	0	90	21	0	10	2	0	2	4	4	0	0
Powdered Blueberry Filled	84g	1	300	150	17	8	0	0	135	34	<1	14	4	0	2	4	6	0	0
Powdered Cake	54g	1	220	100	11	5	0	15	240	27	0	14	2	0	0	2	6	0	0
Powdered Strawberry Filled	81g	1	290	150	16	8	0	5	135	33	<1	13	3	0	2	8	6	0	0
Pumpkin Spice	81g	1	300	130	14	7	0	20	240	42	<1	27	2	0	0	2	8	0	0
Pumpkin, Football, Egg Shape Iced & Stamped	70g	1	280	150	17	8	0	5	120	29	<1	12	3	3	3	3	3	0	0
Sugar	46g	1	190	100	11	5	0	0	85	20	0	9	2	0	2	4	4	0	0
Tennis Ball	73g	1	290	150	17	8	0	0	125	32	<1	16	4	0	2	4	6	0	0
Traditional Cake	57g	1	190	110	12	6	0	15	260	19	0	7	2	0	0	2	6	0	0
White Iced Egg with Easter Sprinkles	74g	1	340	160	18	8	0	0	120	41	<1	20	4	0	2	4	6	0	0
White Iced Glazed Hearts	81g	1	320	160	17	8	0	0	120	38	<1	20	3	0	2	4	6	0	0
White Iced Glazed Snowman + Stamp	66g	1	280	150	17	8	0	5	120	29	<1	12	3	0	2	8	6	0	0
White Iced Heart w/Valentine Sprinkles	69g	1	300	150	16	8	0	0	115	35	<1	19	3	0	2	4	3	0	0

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
White Iced Shamrock with St. Patrick's Sprinkles	68g	1	300	160	18	8	0	0	120	31	<1	11	3	0	2	4	6	0	0
White Iced Star with Patriotic Sprinkles	69g	1	300	160	18	8	0	0	120	31	<1	11	3	0	2	4	6	0	0
Coffees/Hot Chocolate																			
Bold	12 fl oz	1	10	5	0.5	0	0	0	5	1	0	0	0	0	0	0	10	0	0
Bold	16 fl oz	1	15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	15	0	0
Bold	20 fl oz	1	15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	20	0	0
Bold Brew Box	96 fl oz	8	80	40	4.5	3.5	0	0	50	5	0	0	4	0	0	4	90	0	0
Hot Chocolate	12 fl oz	1	240	60	7	4.5	0	10	150	45	2	45	2	2	0	4	20	0	0
Hot Chocolate	16 fl oz	1	320	70	8	6	0	10	220	63	3	63	3	2	0	6	30	0	0
Hot Chocolate	20 fl oz	1	420	90	10	7	0	10	290	85	3	85	4	2	0	8	40	0	0
Rich	12 fl oz	1	10	5	0.5	0	0	0	5	1	0	0	0	0	0	0	0	0	0
Rich	16 fl oz	1	10	10	1	0	0	0	10	1	0	0	0	0	0	0	0	0	0
Rich	20 fl oz	1	15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	0	0	0
Rich Brew Box	96 fl oz	8	70	40	4.5	2.5	0	0	50	5	0	0	3	0	0	4	0	0	0
Robust Decaf	12 fl oz	1	5	0	0	0	0	0	5	1	0	0	0	0	0	0	0	0	0
Robust Decaf	16 fl oz	1	5	0	0	0	0	0	10	1	0	0	0	0	0	0	0	0	0
Robust Decaf	20 fl oz	1	5	0	0	0	0	0	10	1	0	0	0	0	0	0	0	0	0
Robust Decaf Brew Box	96 fl oz	8	35	10	1	0.5	0	0	50	6	0	0	1	0	0	2	0	0	0
Smooth	12 fl oz	1	10	5	0.5	0	0	5	1	0	0	0	0	0	0	0	0	0	0
Smooth	16 fl oz	1	10	5	0.5	0	0	0	10	1	0	0	1	0	0	0	0	0	0
Smooth	20 fl oz	1	15	10	1	0.5	0	0	10	1	0	0	1	0	0	0	0	0	0
Smooth Brew Box	96 fl oz	8	70	40	4.5	3	0	0	50	5	0	0	3	0	0	4	0	0	0
Espresso Drinks																			
Espresso	1.8 fl oz	1	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0
Cappuccino	12 fl oz	1	140	45	5	3	0	20	140	14	0	13	9	10	4	30	2	0	0
Cappuccino	16 fl oz	1	160	50	6	3.5	0	25	160	16	0	15	10	15	6	35	2	0	0
Cappuccino	20 fl oz	1	190	60	7	4.5	0	25	200	19	0	18	12	15	6	45	2	0	0
Latte	12 fl oz	1	130	45	5	3	0	20	130	13	0	12	8	10	4	30	2	0	0
Latte	16 fl oz	1	160	50	6	3.5	0	25	160	16	0	15	10	15	6	35	2	0	0
Latte	20 fl oz	1	190	60	7	4.5	0	25	200	19	0	18	12	15	6	45	2	0	0

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Mocha	12 fl oz	1	260	45	5	2	0	15	330	49	0	44	7	8	4	25	15	0	0
Mocha	16 fl oz	1	370	70	8	3.5	0	25	470	68	0	62	11	15	6	40	20	0	0
Mocha	20 fl oz	1	460	90	10	4.5	0	25	580	84	0	77	14	15	6	45	25	0	0
Caramel Flavor Shot	1 fl oz	1	110	0	0	0	0	0	100	28	0	28	0	0	0	0	0	0	0
Caramel Flavor Shot	1.5 fl oz	1	170	0	0	0	0	0	150	43	0	42	0	0	0	0	0	0	0
Caramel Flavor Shot	2 fl oz	1	230	0	0	0	0	0	200	57	0	57	0	0	0	0	0	0	0
Caramel Flavor Shot	2.5 fl oz	1	290	0	0	0	0	0	250	71	0	71	0	0	0	0	0	0	0
Chocolate Flavor Shot	1 fl oz	1	110	10	1	0	0	0	150	26	0	24	1	0	0	0	0	0	0
Chocolate Flavor Shot	1.5 fl oz	1	160	15	1.5	0	0	0	230	39	0	36	1	0	0	0	0	0	0
Chocolate Flavor Shot	2 fl oz	1	210	20	2	0	0	0	300	52	0	48	1	0	0	0	0	0	0
Chocolate Flavor Shot	2.5 fl oz	1	270	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Original Kreme Flavor Shot	1 fl oz	1	120	0	0	0	0	0	0	28	0	28	0	0	0	0	0	0	0
Original Kreme Flavor Shot	1.5 fl oz	1	180	0	0	0	0	0	0	42	0	42	0	0	0	0	0	0	0
Original Kreme Flavor Shot	2 fl oz	1	230	0	0	0	0	0	0	56	0	56	0	0	0	0	0	0	0
Original Kreme Flavor Shot	2.5 fl oz	1	290	0	0	0	0	0	0	71	0	71	0	0	0	0	0	0	0
Vanilla Flavor Shot	1 fl oz	1	120	0	0	0	0	0	0	29	0	29	0	0	0	0	0	0	0
Vanilla Flavor Shot	1.5 fl oz	1	180	0	0	0	0	0	0	44	0	44	0	0	0	0	0	0	0
Vanilla Flavor Shot	2 fl oz	1	240	0	0	0	0	0	0	59	0	59	0	0	0	0	0	0	0
Vanilla Flavor Shot	2.5 fl oz	1	300	0	0	0	0	0	0	73	0	73	0	0	0	0	0	0	0
Hazelnut Flavor Shot	1 fl oz	1	80	0	0	0	0	0	0	21	0	21	0	0	0	0	0	0	0
Hazelnut Flavor Shot	1.5 fl oz	1	120	0	0	0	0	0	15	31	0	31	0	0	0	0	0	0	0
Hazelnut Flavor Shot	2 fl oz	1	160	0	0	0	0	0	15	42	0	41	0	0	0	0	0	0	0
Hazelnut Flavor Shot	2.5 fl oz	1	210	0	0	0	0	0	20	52	0	51	0	0	0	0	0	0	0
Chillers																			
Berries & Kreme 12 oz	12 fl oz	1	620	250	28	24	0	30	220	92	<1	71	3	8	0	15	0	0	0
Berries & Kreme 20 oz	20 fl oz	1	960	360	40	36	0	30	330	150	<1	115	3	8	0	25	0	0	0
Chocolate Chocolate 12oz	12 fl oz	1	670	260	29	24	0	30	320	104	2	62	4	8	0	20	2	0	0
Chocolate Chocolate 20oz	20 fl oz	1	1050	370	42	36	0	30	490	170	4	100	6	8	0	30	2	0	0
Lemon Sherbert 12 oz	12 fl oz	1	630	250	28	24	0	30	220	95	<1	71	3	8	0	15	0	0	0
Lemon Sherbert 20 oz	20 fl oz	1	980	360	40	36	0	30	330	155	<1	115	3	8	0	25	0	0	0
Lotta Latte 12 oz	12 fl oz	1	670	250	28	24	0	30	380	49	<1	60	40	8	0	20	0	0	0

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Lotta Latte 20 oz	20 fl oz	1	1050	360	40	36	0	30	580	79	<1	97	5	8	0	30	0	0	0
Mocha Dream 12 oz	12 fl oz	1	670	250	28	24	0	30	320	105	1	58	3	8	0	20	0	0	0
Mocha Dream 20 oz	20 fl oz	1	1050	370	41	36	0	30	490	171	2	94	5	8	0	25	0	0	0
Orange You Glad 12 oz	12 fl oz	1	180	0	0	0	0	0	10	43	0	43	0	0	0	0	0	0	0
Orange You Glad 20 oz	20 fl oz	1	300	0	0	0	0	0	10	71	0	71	0	0	0	0	0	0	0
Oranges & Kreme 12 oz	12 fl oz	1	630	250	28	24	0	30	220	92	<1	71	3	8	0	15	0	0	0
Oranges & Kreme 20 oz	20 fl oz	1	970	360	40	36	0	30	330	150	<1	115	3	8	0	25	0	0	0
Very Berry 12 oz	12 fl oz	1	170	0	0	0	0	0	10	43	0	43	0	0	0	0	0	0	0
Very Berry 20 oz	20 fl oz	1	290	0	0	0	0	0	10	71	0	71	0	0	0	0	0	0	0
Iced Drinks																			
Chocolate Iced Coffee	12 fl oz	1	330	15	1.5	1	0	0	20	76	0	75	2	0	0	6	0	0	0
Chocolate Iced Coffee	20 fl oz	1	550	20	2.5	1.5	0	0	35	127	0	125	4	0	0	10	0	0	0
Hazelnut Iced Coffee	12 fl oz	1	360	15	1.5	1	0	0	25	76	0	76	2	0	0	6	0	0	0
Hazelnut Iced Coffee	20 fl oz	1	540	25	2.5	1.5	0	0	35	126	0	126	4	0	0	10	0	0	0
Original Iced Coffee	12 fl oz	1	290	5	0.5	0	0	0	25	69	0	69	2	0	0	8	0	0	0
Original Iced Coffee	20 fl oz	1	490	10	1	1	0	0	40	114	0	114	4	0	0	10	0	0	0
Sweet Iced Tea	16 fl oz	1	240	0	0	0	0	0	12	0	0	0	0	0	0	0	0	0	0
Sweet Iced Tea	20 fl oz	1	280	0	0	0	0	0	15	69	0	69	0	0	0	0	2	0	0
Sweet Iced Tea	32 fl oz	1	450	0	0	0	0	0	25	110	0	110	0	0	0	0	4	0	0
Unsweet Iced Tea	16 fl oz	1	0	0	0	0	0	0	10	1	0	0	0	0	0	0	0	0	0
Unsweet Iced Tea	20 fl oz	1	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0
Unsweet Iced Tea	32 fl oz	1	0	0	0	0	0	0	25	2	0	0	0	0	0	0	0	0	0
Vanilla Iced Coffee	12 fl oz	1	330	15	1.5	1	0	0	20	76	0	75	2	0	0	6	0	0	0
Vanilla Iced Coffee	20 fl oz	1	540	25	2.5	1.5	0	0	35	127	0	125	4	0	0	10	0	0	0
Sodas																			
Coke	16 fl oz	1	200	0	0	0	0	0	10	53	0	53	0	0	0	0	0	0	0
Coke	20 fl oz	1	240	0	0	0	0	0	15	67	0	67	0	0	0	0	0	0	0
Coke	32 fl oz	1	390	0	0	0	0	0	25	106	0	106	0	0	0	0	0	0	0
Diet Coke	16 fl oz	1	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0	0	0
Diet Coke	20 fl oz	1	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0	0
Diet Coke	32 fl oz	1	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0	0	0

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Hi-C Pink Lemonade	16 fl oz	1	190	0	0	0	0	0	80	47	0	47	0	0	200	0	0	0	0
Hi-C Pink Lemonade	20 fl oz	1	240	0	0	0	0	0	100	59	0	59	0	0	250	0	0	0	0
Hi-C Pink Lemonade	32 fl oz	1	380	0	0	0	0	0	160	95	0	95	0	0	390	0	0	0	0
Mellow Yellow	16 fl oz	1	210	0	0	0	0	0	15	57	0	57	0	0	0	0	0	0	0
Mellow Yellow	20 fl oz	1	260	0	0	0	0	0	20	71	0	71	0	0	0	0	0	0	0
Mellow Yellow	32 fl oz	1	420	0	0	0	0	0	30	114	0	114	0	0	0	0	0	0	0
Mr. Pibb	16 fl oz	1	190	0	0	0	0	0	30	51	0	51	0	0	0	0	0	0	0
Mr. Pibb	20 fl oz	1	240	0	0	0	0	0	35	64	0	64	0	0	0	0	0	0	0
Mr. Pibb	32 fl oz	1	380	0	0	0	0	0	55	103	0	103	0	0	0	0	0	0	0
Sprite	16 fl oz	1	190	0	0	0	0	0	45	51	0	51	0	0	0	0	0	0	0
Sprite	20 fl oz	1	240	0	0	0	0	0	55	64	0	64	0	0	0	0	0	0	0
Sprite	32 fl oz	1	380	0	0	0	0	0	85	103	0	103	0	0	0	0	0	0	0
Kool Kreme																			
Arctic Avalanche - Butterfinger	12 fl oz	1	570	180	20	12	0	30	350	88	1	67	12	20	4	35	2	0	0
Arctic Avalanche - Butterfinger	20 fl oz	1	980	310	35	20	0.5	50	590	151	2	113	20	30	8	60	4	0	0
Arctic Avalanche - Chocolate Chip Cookie Dough	12 fl oz	1	750	250	27	12	6	30	390	115	<1	83	12	20	4	35	4	0	0
Arctic Avalanche - Chocolate Chip Cookie Dough	20 fl oz	1	1050	340	38	17	9	45	540	159	<1	116	17	25	6	50	4	0	0
Arctic Avalanche - M&Ms	12 fl oz	1	520	170	19	12	0	35	270	78	<1	66	11	10	4	40	2	0	0
Arctic Avalanche - M&Ms	20 fl oz	1	860	280	31	16	0.5	50	660	130	2	98	18	30	8	60	15	0	0
Arctic Avalanche - Oreo	12 fl oz	1	510	160	18	10	0	30	390	78	1	59	11	20	4	35	8	0	0
Arctic Avalanche - Oreo	20 fl oz	1	860	280	31	16	0.5	50	660	130	2	98	18	30	8	60	15	0	0
Arctic Avalanche - Reese's Peanut Butter Cup	12 fl oz	1	600	230	25	13	0	35	400	81	2	70	14	20	4	40	6	0	0
Arctic Avalanche - Reese's Peanut Butter Cup	20 fl oz	1	1020	410	45	22	0.5	55	690	137	3	118	24	30	8	60	10	0	0
Cone - Chocolate	181g	1	310	80	9	6	0	20	170	50	2	33	8	10	2	25	0	0	0
Cone - Swirl	181g	1	300	80	9	5	0	20	170	49	1	34	8	10	2	25	0	0	0
Cone - Vanilla	181g	1	290	70	8	5	0	20	180	48	0	34	7	15	4	25	0	0	0
Doughnut Sundae - Chocolate Cake	230g	1	560	190	21	11	0	30	360	89	4	64	8	8	2	15	15	0	0
Doughnut Sundae - Original Glazed	202g	1	460	160	17	9	0	20	230	69	1	48	7	8	4	25	8	0	0
Doughnut Sundae - Strawberry Cake	242g	1	560	180	20	11	0	35	380	90	2	70	7	8	15	15	8	0	0



	Serving Size (g, oz)	Servings Per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Milkshake - Banana	20 fl oz	1	770	190	21	13	0.5	50	420	130	3	110	17	30	15	60	2	0	0
Milkshake - Blackberry 20 ox	20 fl oz	1	860	190	21	13	0.5	50	420	150	1	117	17	35	15	60	4	0	0
Milkshake - Blueberry	20 fl oz	1	950	210	23	15	0.5	55	460	168	1	131	18	35	20	60	4	0	0
Milkshake - Chocolate	20 fl oz	1	750	220	24	16	0.5	60	460	112	4	90	20	35	8	60	2	0	0
Milkshake - Oreo	20 fl oz	1	900	288	32	16	0.5	50	690	136	2	103	19	30	8	60	20	0	0
Milkshake - Pineapple	20 fl oz	1	700	190	21	13	0.5	50	430	110	1	92	16	30	8	60	2	0	0
Milkshake - Raspberry	20 fl oz	1	940	210	23	15	0.5	55	470	165	1	128	18	35	20	70	6	0	0
Milkshake - Strawberry	20 fl oz	1	800	190	21	13	0.5	50	460	137	2	119	17	30	70	60	4	0	0
Milshake - Strawberry-Banana	20 fl oz	1	800	190	21	13	0.5	50	440	137	4	116	17	30	60	60	4	0	0
Milkshake - Vanilla	20 fl oz	1	720	210	24	15	0.5	60	470	108	0	91	18	35	8	70	2	0	0
Sundae - Banana-Chocolate	269g	1	450	80	9	6	0	20	220	86	3	69	8	15	6	25	8	0	0
Sundae - Blackberry	269g	1	440	80	8	5	0	20	170	85	2	63	7	15	15	25	2	0	0
Sundae - Blueberry	246g	1	450	70	8	5	0	20	170	86	1	64	7	15	10	25	2	0	0
Sundae - Caramel Butterscotch w/nuts	261g	1	570	130	15	8	0	30	270	100	<1	73	12	15	4	30	2	0	0
Sundae - Hot Fudge	227g	1	460	160	18	15	0	20	250	68	<1	57	8	15	4	30	4	0	0
Sundae - Pineapple	255g	1	300	70	8	5	0	20	170	49	<1	41	6	15	4	25	0	0	0
Sundae - Raspberry	244g	1	440	70	8	5	0	20	170	83	<1	62	7	15	15	25	4	0	0
Sundae - Strawberry	269g	1	390	70	8	5	0	20	200	73	2	65	7	15	60	25	2	0	0
BAKED																			
Bagels, Cream Cheese, Butter and Jelly																			
Plain Bagel	108g	1	260	10	1	0	0	0	490	54	2	1	10	0	6	2	20	0	0
Cinnamon Raisin Bagel	108g	1	250	10	1	0	0	0	440	54	3	5	9	0	6	3	3	0	0
Wholegrain/Whole Wheat Bagel	108g	1	290	45	5	0.5	0	0	500	54	9	3	11	0	0	8	20	0	0
Everything Bagel	108g	1	280	30	3.5	0	0	0	1160	54	3	2	10	0	8	6	20	0	0
Asiago Cheese Bagel	113g	1	300	30	3.5	1.5	0	5	660	57	3	2	11	2	0	10	20	0	0
Blueberry Bagel	108g	1	270	10	1	0	0	0	470	57	3	6	9	0	6	2	15	0	0
Plain Cream Cheese	1 oz	1	80	70	8	5	0	30	115	1	0	1	1	6	0	4	0	0	0
Plain Cream Cheese	8 oz	7	670	570	64	39	3	255	930	12	0	11	12	50	2	25	0	0	0
Reduced Fat Plain	1 oz	1	60	45	5	3	0	20	130	2	0	2	2	8	0	4	0	0	0
Reduced Fat Plain	8 oz	7	490	370	41	25	2	155	1030	14	1	13	17	60	6	35	0	0	0
Garden Vegetable	1 oz	1	80	70	7	4.5	0	30	150	2	0	1	1	6	2	4	0	0	0

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	Serving Size (g, oz)	Servings Per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein	% Daily Values					
														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Garden Vegetable	8 oz	7	90	70	8	5	0	35	160	2	0	1	2	6	0	4	0	0	0
Garden Vegetable Reduced Fat	8 oz	7	60	45	5	3	0	20	190	2	0	2	2	8	0	4	0	0	0
Strawberry Reduced Fat	1oz	1	80	60	7	4	0	25	100	4	0	4	1	4	2	2	0	0	0
Strawberry Reduced Fat	8 oz	7	510	300	34	21	1.5	125	870	38	<1	36	0	50	6	30	2	0	0
Salted Butter	1 tbsp	1	100	100	10	7	0	30	115	0	0	0	0	10	0	0	0	0	0
Grape Jelly	0.5 oz	1	35	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0	0
Strawberry Jelly	0.5 oz	1	35	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0	0
Mixed Fruit Jelly	0.5 oz	1	35	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0	0
Muffins																			
Whole Wheat Banana Nut Muffin with Oat Crisp Crunch Topping	103g	1	380	160	18	3	0	50	390	50	4	26	7	2	2	2	10	0	0
Reduced Fat Triple Berry Muffin	113g	1	300	50	6	1.5	0	0	400	57	2	29	5	0	4	0	10	0	0
Blueberry Muffin	113g	1	380	170	19	3.5	0	75	280	48	1	26	4	0	4	0	10	0	0
Whole Wheat Blueberry Muffin with Oat Crisp Crunch Topping	103g	1	340	130	15	3	0	50	380	47	4	25	6	2	0	2	8	0	0
Chocolate Chip Muffin with Oat Crisp Crunch Topping	127g	1	500	230	26	7	0	85	330	62	1	37	6	0	0	0	40	0	0
Whole Wheat Corn Muffin	89g	1	310	120	13	2	0	45	340	44	3	19	6	2	0	2	8	0	0
Sweet Rolls																			
Cinnamon Roll	170g	1	670	340	38	18	1	15	65	76	3	41	7	30	8	10	10	0	0
Cinnamon Roll Lite	85g	1	330	170	19	9	0	5	35	38	2	20	3	15	4	6	0	0	0
Pecan Roll	101g	1	420	230	25	10	0	10	40	44	2	24	5	15	4	6	6	0	0
Pecan Roll	201g	1	840	460	51	20	1	15	85	88	4	48	9	30	8	10	15	0	0
DAIRY PRODUCTS																			
Milk and Butter																			
Fat Free Milk	8 fl oz	1	90	0	0	0	0	5	130	13	0	12	8	10	2	30	0	400	25
0.5% Low Fat Milk	8 fl oz	1	100	10	0	1	0	10	130	13	0	12	8	10	2	30	0	400	25
1% Low Fat Milk	8 fl oz	1	110	20	2.5	1.5	0	10	130	13	0	12	9	10	2	30	0	400	25
1.5% Reduced Fat Milk	8 fl oz	1	120	35	3.5	2.5	0	15	130	12	0	12	8	10	2	30	0	400	25
2% Reduced Fat Milk	8 fl oz	1	130	45	5	3	0	20	130	12	0	12	8	10	2	30	0	400	25
3.25% Milk	8 fl oz	1	150	70	8	5	0	35	120	12	0	11	8	6	2	30	0	380	25

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
California Fat Free Milk	8 fl oz	1	90	0	0	0	0	5	135	13	0	12	9	10	2	30	0	420	25
California 1% Low Fat Milk	8 fl oz	1	130	20	2.5	1.5	0	15	160	16	0	15	10	10	2	40	0	510	25
California 2% Reduced Fat Milk	8 fl oz	1	140	45	5	3	0	20	150	14	0	13	10	10	2	35	0	460	25
California 3.5% Milk	8 fl oz	1	160	80	9	5	0	35	130	13	0	12	8	6	2	30	0	400	25
Chocolate Whole Milk	8 fl oz	1	200	70	8	5	0	35	200	25	0	23	8	6	2	30	2	0	25
Chocolate 1% Fat	8 fl oz	1	150	25	2.5	1.5	0	15	200	24	0	23	8	10	2	30	2	0	25
Fat Free Chocolate Milk	8 fl oz	1	130	0	0	0	0	5	190	25	0	23	8	10	2	30	2	0	25
Organic Milk Boxes																			
Strawberry Reduced Fat Organic Milk Box	8 fl oz	1	200	40	4.5	2.5	0	20	130	31	0	31	8	10	0	25	0	0	25
Chocolate Reduced Fat Organic Milk Box	8 fl oz	1	180	45	5	3	0	20	160	27	<1	27	8	10	9	25	2	0	25
Reduced Fat Organic Milk Box	8 fl oz	1	120	40	4.5	3	0	20	120	12	0	12	8	10	0	30	0	0	25
Vanilla Reduced Fat Milk Box	8 fl oz	1	190	40	4.5	2.5	0	20	115	30	0	29	8	10	0	25	0	0	25
Whipped Topping																			
Whipped Topping	7g	1	20	15	1.5	1	0	5	0	1	0	1	0	0	0	0	0	0	0
Whipped Topping	20g	1	60	40	4.5	3	0	15	0	3	0	3	0	0	0	0	0	0	0
Yogurt																			
Lowfat Strawberry Yogurt	6 oz	1	150	10	1.5	1	0	5	85	29	0	24	5	15	8	20	0	240	20
Lowfat Blueberry Yogurt	6 oz	1	150	10	1.5	1	0	5	85	29	0	24	5	15	4	20	0	240	20
Lowfat Peach Yogurt	6 oz	1	150	1.5	1	0	0	5	85	30	0	25	5	15	2	20	0	240	20
Lowfat Black Cherry Yogurt	6 oz	1	140	15	1.5	1	0	5	80	26	0	23	5	15	2	20	0	240	20
Oatmeal																			
Quaker® Organic Instant Oatmeal	1 oz	1	100	20	2	0	0	0	0	19	3	0	4	0	0	0	6	0	0
Oatmeal Toppings																			
Brown Sugar	13g	1	50	0	0	0	0	0	0	13	0	13	0	0	0	0	0	0	0
Pecan Cranberry Mix	19.84g	1	100	60	6	0.5	0	0	35	11	1	8	1	0	2	0	2	0	0
Apple Cinnamon Medley	21.26g	1	70	5	0	0	0	0	5	17	1	15	1	0	120	2	0	0	0
1/2 Banana	63g	1	60	0	0	0	0	0	0	15	2	10	1	2	8	0	2	0	0
Dried Fruit Blend	21.26g	1	80	5	0	0	0	0	0	20	2	17	0	0	2	2	2	0	0
Fruit																			
Apple	1 cup	1	65	2	0	0	0	0	1	17	3	13	0	1	10	1	1	0	0
Banana	118g	1	105	0	0	0	0	0	1	27	3	14	1	2	17	1	2	0	0

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														Vitamin A	Vitamin C	Calcium	Iron	Potassium	Vitamin D
Fruit Juice																			
Tropicana 100% OJ - Hot Fill	10 fl oz	1	140	0	0	0	0	0	20	0	0	28	2	0	100	2	0	560	0
Tropicana/Dole 100% Apple Juice - Hot Fill	10 fl oz	1	140	0	0	0	0	0	25	34	0	31	1	0	100	2	0	310	0
Tropicana, Twister - Tropical Fruit Fury	8 fl oz	1	140	0	0	0	0	0	25	35	0	24	0	0	100	0	0	20	0
Tropicana, Twister - Tropical Fruit Fury	20 fl oz	2.5	340	0	0	0	0	0	60	85	0	60	0	0	0	0	0	50	0
Tropicana - Ruby Red Grapefruit 100%	10 fl oz	1	160	0	0	0	0	0	20	39	0	33	1	0	100	2	2	230	0
Naked Orange Juice	8 fl oz	2	110	0	0	0	0	0	15	27	0	22	2	0	180	2	0	370	0
Naked Berry Blast®	8 fl oz	2	130	0	0	0	0	0	10	29	0	26	1	100	210	2	2	340	0
Naked Mighty Mango®	8 fl oz	2	150	0	0	0	0	0	10	36	0	30	1	130	250	2	2	340	0
Naked Protein Zone®	8 fl oz	2	220	20	2	1	0	30	140	34	0	28	16	0	150	6	6	480	0
Naked Strawberry Banana®	8 fl oz	2	120	0	0	0	0	0	20	29	0	23	1	0	200	2	2	400	0
Naked Mango Motion®	8 fl oz	2	130	0	0	0	0	0	5	31	0	27	1	0	100	0	2	330	0
Naked Blue Machine®	8 fl oz	2	170	0	0	0	0	0	10	40	7	29	1	0	100	0	2	370	0
Naked Green Machine®	8 fl oz	2	140	0	0	0	0	0	15	33	0	28	2	50	40	2	4	400	0
Naked Red Machine®	8 fl oz	2	170	40	4.5	0.5	0	0	15	31	3	25	2	0	15	2	8	410	0