



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

## Upgrades

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

## Kids' Meal

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

## TOASTER® Sandwiches

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

## Salads

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

## Hidden Valley® Ranch Dressings

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

## Wraps

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

## Chicken

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

## Coneys

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

## Snacks & Sides

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

## SONIC Blast®

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

## Shakes

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

## Malts

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

## CreamSlush® Treat

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

## Cream Pie Shakes

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

## Floats/Blended Floats

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

## SONIC Chillers™

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

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

## Desserts

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

## Single Topping Sundaes

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

## Cones & Dishes

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

## Real Fruit Slushes

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

## Famous Slushes

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

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

## Breakfast Items

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

## Premium Roast Coffees

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

## Soft Drinks

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

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

## Minute Maid® Juices

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

## Iced Tea

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

## Limeades

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

Lo-Cal Diet Lime Limeade - Small (14 oz)	347	5	0	0	0	0	0	10	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Lime Limeade - Medium (20 oz)	428	10	0	0	0	0	0	10	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Lime Limeade - Large (32 oz)	665	10	0	0	0	0	0	15	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Lime Limeade - Route 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 - Route 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 - Route 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 - Route 44® (44 oz)	959	480	0	0	0	0	0	95	126	1	112	1	0%	40%	2%	2%
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 - Route 44® (44 oz)	951	420	0	0	0	0	0	90	113	0	110	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® - Route 44® (44 oz)	912	240	0	0	0	0	0	200	64	0	64	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Wacky Pack® (12 oz)	336	170	0	0	0	0	0	45	46	0	46	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Small (14 oz)	392	200	0	0	0	0	0	50	53	0	53	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Medium (20 oz)	561	290	0	0	0	0	0	80	78	0	78	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Large (32 oz)	897	460	0	0	0	0	0	120	124	0	124	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Route 44® (44 oz)	1233	630	0	0	0	0	0	170	170	0	170	0	0%	0%	0%	0%

## Ocean Water®

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

## Fruit Smoothies

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

## Add-in Flavors & Toppings

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

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

## Condiments

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

## Everyday Value Menu

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

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

### Limited Time Only Products\*

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Ched R Pepper SuperSONIC® Cheeseburger	419	1250	720	80	31	3.5	210	1900	74	6	13	59	20%	6%	45%	40%
Pineapple Limeade Chiller - Regular (14oz)	490	710	240	27	19	0	100	310	113	0	101	8	20%	130%	25%	0%
Pineapple Limeade Chiller - Large (20oz)	677	970	320	35	26	0	135	420	157	0	140	10	25%	170%	35%	0%
Cranberry Limeade Chiller - Regular (14oz)	465	680	240	27	19	0	100	300	107	0	103	8	20%	60%	25%	0%
Cranberry Limeade Chiller - Large (20oz)	644	930	320	35	25	0	135	400	149	0	144	10	25%	80%	35%	0%

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

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

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

+Sugar is not in Lo-Cal Diet Cherry flavoring only. Flavorings containing artificial sweeteners (sucralose) include: Low-Cal Diet Cherry, Peach and Raspberry.

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

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

#### Consumer Information Center

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