<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Serving Weight (gms)</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (gms)</th>
<th>Saturated Fat (gms)</th>
<th>Trans Fat (gms)</th>
<th>Cholesterol (gms)</th>
<th>Sodium (gms)</th>
<th>Carbohydrates (gms)</th>
<th>Dietary Fiber (gms)</th>
<th>Sugars (gms)</th>
<th>Protein (gms)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Battered Alaskan Pollock</strong></td>
<td>1 piece</td>
<td>89</td>
<td>200</td>
<td>90</td>
<td>10</td>
<td>0</td>
<td>25</td>
<td>810</td>
<td>16</td>
<td>1</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td><strong>Battered Shrimp</strong></td>
<td>3 pieces</td>
<td>39</td>
<td>100</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>45</td>
<td>430</td>
<td>5</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td><strong>Popcorn Shrimp</strong>*</td>
<td>1 portion</td>
<td>83</td>
<td>210</td>
<td>80</td>
<td>9</td>
<td>1</td>
<td>0</td>
<td>45</td>
<td>790</td>
<td>24</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td><strong>Battered Alaskan Strips</strong>*</td>
<td>1 portion</td>
<td>85</td>
<td>340</td>
<td>180</td>
<td>20</td>
<td>4</td>
<td>0</td>
<td>10</td>
<td>680</td>
<td>35</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td><strong>Battered Alaskan Cod</strong></td>
<td>1 piece</td>
<td>85</td>
<td>190</td>
<td>100</td>
<td>11</td>
<td>1</td>
<td>0</td>
<td>40</td>
<td>560</td>
<td>9</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td><strong>Baked Alaskan Cod</strong></td>
<td>1 piece</td>
<td>170</td>
<td>160</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>120</td>
<td>390</td>
<td>1</td>
<td>0</td>
<td>36</td>
</tr>
<tr>
<td><strong>Baked Shrimp</strong></td>
<td>3 pieces</td>
<td>29</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>45</td>
<td>105</td>
<td>0</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td><strong>Lobster-Stuffed Crab Cake</strong></td>
<td>1 crab cake</td>
<td>62</td>
<td>280</td>
<td>140</td>
<td>15</td>
<td>6</td>
<td>0</td>
<td>35</td>
<td>880</td>
<td>26</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td><strong>Chicken Tender</strong></td>
<td>1 piece</td>
<td>59</td>
<td>150</td>
<td>60</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>20</td>
<td>570</td>
<td>11</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Fish Sandwich</strong></td>
<td>1 sandwich</td>
<td>181</td>
<td>400</td>
<td>140</td>
<td>16</td>
<td>2</td>
<td>0</td>
<td>30</td>
<td>1230</td>
<td>44</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td><strong>Baja Fish Taco</strong></td>
<td>1 taco</td>
<td>175</td>
<td>410</td>
<td>190</td>
<td>21</td>
<td>4</td>
<td>0</td>
<td>35</td>
<td>1290</td>
<td>40</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td><strong>Southwest Battered Fish Taco</strong></td>
<td>1 taco</td>
<td>175</td>
<td>390</td>
<td>190</td>
<td>21</td>
<td>4</td>
<td>0</td>
<td>35</td>
<td>1275</td>
<td>41</td>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td><strong>Sweet Chili Battered Fish Taco</strong></td>
<td>1 taco</td>
<td>175</td>
<td>380</td>
<td>190</td>
<td>21</td>
<td>4</td>
<td>0</td>
<td>35</td>
<td>1260</td>
<td>42</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td><strong>Seasoned Grilled Salmon Rice Bowl</strong></td>
<td>1 bowl</td>
<td>280</td>
<td>360</td>
<td>70</td>
<td>8</td>
<td>1</td>
<td>0</td>
<td>85</td>
<td>1750</td>
<td>45</td>
<td>2</td>
<td>15</td>
</tr>
<tr>
<td><strong>Seasoned Grilled Shrimp Rice Bowl</strong></td>
<td>1 bowl</td>
<td>280</td>
<td>360</td>
<td>70</td>
<td>8</td>
<td>1</td>
<td>0</td>
<td>86</td>
<td>1740</td>
<td>47</td>
<td>2</td>
<td>16</td>
</tr>
<tr>
<td><strong>Sweet Chili Grilled Salmon Bowl</strong></td>
<td>1 bowl</td>
<td>290</td>
<td>370</td>
<td>80</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>27</td>
<td>1340</td>
<td>48</td>
<td>2</td>
<td>18</td>
</tr>
<tr>
<td><strong>Sweet Chili Grilled Shrimp Rice Bowl</strong></td>
<td>1 bowl</td>
<td>290</td>
<td>390</td>
<td>100</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>86</td>
<td>1790</td>
<td>51</td>
<td>2</td>
<td>18</td>
</tr>
<tr>
<td><strong>Southwest Grilled Salmon Rice Bowl</strong></td>
<td>1 bowl</td>
<td>290</td>
<td>420</td>
<td>130</td>
<td>15</td>
<td>3</td>
<td>0</td>
<td>20</td>
<td>1230</td>
<td>45</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td><strong>Southwest Grilled Shrimp Rice Bowl</strong></td>
<td>1 bowl</td>
<td>290</td>
<td>420</td>
<td>140</td>
<td>16</td>
<td>3</td>
<td>0</td>
<td>70</td>
<td>1580</td>
<td>48</td>
<td>3</td>
<td>13</td>
</tr>
<tr>
<td><strong>Baja Grilled Shrimp Bowl</strong></td>
<td>1 bowl</td>
<td>290</td>
<td>410</td>
<td>140</td>
<td>16</td>
<td>3</td>
<td>0</td>
<td>70</td>
<td>1580</td>
<td>48</td>
<td>3</td>
<td>13</td>
</tr>
<tr>
<td><strong>Baja Grilled Salmon Bowl</strong></td>
<td>1 bowl</td>
<td>290</td>
<td>410</td>
<td>140</td>
<td>15</td>
<td>3</td>
<td>0</td>
<td>20</td>
<td>1230</td>
<td>45</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td><strong>Baja Grilled Salmon Taco</strong></td>
<td>1 taco</td>
<td>120</td>
<td>210</td>
<td>82</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>17</td>
<td>590</td>
<td>23</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td><strong>Baja Grilled Shrimp Taco</strong></td>
<td>1 taco</td>
<td>120</td>
<td>210</td>
<td>90</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>75</td>
<td>773</td>
<td>21</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td><strong>Seasoned Grilled Salmon Taco</strong></td>
<td>1 taco</td>
<td>120</td>
<td>180</td>
<td>40</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>21</td>
<td>580</td>
<td>21</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td><strong>Seasoned Grilled Shrimp Taco</strong></td>
<td>1 taco</td>
<td>120</td>
<td>180</td>
<td>40</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>80</td>
<td>820</td>
<td>23</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td><strong>Sweet Chili Grilled Salmon Taco</strong></td>
<td>1 taco</td>
<td>130</td>
<td>190</td>
<td>40</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>22</td>
<td>630</td>
<td>22</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td><strong>Sweet Chili Grilled Shrimp Taco</strong></td>
<td>1 taco</td>
<td>130</td>
<td>200</td>
<td>50</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>60</td>
<td>874</td>
<td>26</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td><strong>Southwest Grilled Salmon Taco</strong></td>
<td>1 taco</td>
<td>130</td>
<td>220</td>
<td>82</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>17</td>
<td>590</td>
<td>23</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td><strong>Southwest Grilled Shrimp Taco</strong></td>
<td>1 taco</td>
<td>130</td>
<td>220</td>
<td>90</td>
<td>10</td>
<td>2</td>
<td>0</td>
<td>75</td>
<td>773</td>
<td>21</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td><strong>BBQ</strong></td>
<td>1 dipping cup</td>
<td>28</td>
<td>40</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>230</td>
<td>10</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td><strong>Cocktail Sauce</strong></td>
<td>1 dipping cup</td>
<td>25</td>
<td>20</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>230</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td><strong>Honey Mustard</strong></td>
<td>1 packet</td>
<td>12</td>
<td>60</td>
<td>50</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>5</td>
<td>55</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td><strong>Ketchup</strong></td>
<td>1 pouch</td>
<td>27</td>
<td>30</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>250</td>
<td>8</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td><strong>Lemon Juice</strong></td>
<td>1 packet</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Louisiana Hot Sauce</strong></td>
<td>1 teaspoon</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>140</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Malt Vinegar</strong></td>
<td>0.5 oz.</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
### Marinara
- 1 dipping cup
- 28 kcal
- 15 g carb
- 0 g protein
- 0 g fat
- 125 mg sodium
- 4 g fiber
- 1 g sugar
- 1 g added sugar

### Creamy Ranch
- 1 packet
- 12 kcal
- 50 g carb
- 50 g protein
- 6 g fat
- 115 mg sodium
- 1 g fiber
- 0 g sugar

### Creamy Garlic Butter Sauce
- 1 oz.
- 28 kcal
- 101 g carb
- 98 g protein
- 11 g fat
- 290 mg sodium
- 7 g fiber
- 0 g sugar

### Sweet & Zesty Asian Sauce
- 1 oz.
- 28 kcal
- 45 g carb
- 2 g protein
- 0 g fat
- 217 mg sodium
- 0 g fiber
- 0 g sugar

### Sweet & Sour Sauce
- 1 dipping cup
- 28 kcal
- 45 g carb
- 0 g protein
- 0 g fat
- 120 mg sodium
- 0 g fiber
- 0 g sugar

### Tartar Sauce
- 1 packet
- 12 kcal
- 40 g carb
- 30 g protein
- 4 g fat
- 110 mg sodium
- 1 g fiber
- 2 g sugar

### Sides
- Cole Slaw
- Individual
- 113 kcal
- 170 g carb
- 100 g protein
- 11 g fat
- 410 mg sodium
- 2 g fiber
- 16 g sugar

- Corn Kernels
- Individual
- 99 kcal
- 160 g carb
- 70 g protein
- 8 g fat
- 370 mg sodium
- 2 g fiber
- 2 g sugar

- Fries
- Individual
- 105 kcal
- 350 g carb
- 150 g protein
- 17 g fat
- 500 mg sodium
- 4 g fiber
- 0 g sugar

- Green Beans
- Individual
- 113 kcal
- 25 g carb
- 0 g protein
- 0 g fat
- 600 mg sodium
- 1 g fiber
- 1 g sugar

- Macaroni & Cheese
- Individual
- 113 kcal
- 150 g carb
- 50 g protein
- 6 g fat
- 490 mg sodium
- 1 g fiber
- 3 g sugar

- Onion Rings (Battered)
- Individual
- 113 kcal
- 480 g carb
- 310 g protein
- 35 g fat
- 1330 mg sodium
- 3 g fiber
- 3 g sugar

- Rice
- Individual
- 142 kcal
- 180 g carb
- 10 g protein
- 1 g fat
- 470 mg sodium
- 1 g fiber
- 4 g sugar

- Hushpuppies
- Individual
- 28 kcal
- 170 g carb
- 110 g protein
- 12 g fat
- 530 mg sodium
- 0 g fiber
- 0 g sugar

- Broccoli & Cheese Bites (Veggie Bites)
- 5 pieces
- 93 kcal
- 310 g carb
- 220 g protein
- 5 g fat
- 440 mg sodium
- 3 g fiber
- 5 g sugar

- Jalapeno & Cheddar Bites (Veggie Bites)
- 5 pieces
- 82 kcal
- 240 g carb
- 150 g protein
- 4 g fat
- 630 mg sodium
- 1 g fiber
- 3 g sugar

- Breaded Mozzarella Sticks
- 3 pieces
- 102 kcal
- 370 g carb
- 210 g protein
- 23 g fat
- 660 mg sodium
- 0 g fiber
- 0 g sugar

- Mott's® Apple Sauce
- 1 pouch
- 90 kcal
- 70 g carb
- 0 g protein
- 0 g fat
- 180 mg sodium
- 5 g fiber
- 1 g sugar

- Jalapeno Peppers
- 1 whole pepper
- 37 kcal
- 15 g carb
- 0 g protein
- 0 g fat
- 190 mg sodium
- 0 g fiber
- 1 g sugar

- Baked Potato
- 1 piece
- 337 kcal
- 297 g carb
- 3 g protein
- 0 g fat
- 361 mg sodium
- 8 g fiber
- 3 g sugar

- Broccoli Cheese Soup
- 1 bowl
- 210 kcal
- 220 g carb
- 160 g protein
- 8 g fat
- 650 mg sodium
- 8 g fiber
- 3 g sugar

- Clam Chowder Soup
- 1 bowl
- 227 kcal
- 230 g carb
- 140 g protein
- 6 g fat
- 820 mg sodium
- 16 g fiber
- 0 g sugar

** For family-size information, see disclosure below

### Desserts
- Chocolate Cream Pie
- 1 slice
- 74 kcal
- 280 g carb
- 160 g protein
- 17 g fat
- 230 mg sodium
- 10 g fiber
- 19 g sugar

- Strawberry Swirl Cheesecake
- 1 slice
- 99 kcal
- 320 g carb
- 160 g protein
- 17 g fat
- 250 mg sodium
- 10 g fiber
- 23 g sugar

- Chocolate Chip Cookie
- 1 cookie
- 37 kcal
- 190 g carb
- 100 g protein
- 5 g fat
- 170 mg sodium
- 5 g fiber
- 13 g sugar

### Beverages
- Pepsi®
- Kids
- 12 kcal
- 150 g carb
- 0 g protein
- 0 g fat
- 35 mg sodium
- 42 g fiber
- 0 g sugar

- Pepsi®
- Small
- 20 kcal
- 250 g carb
- 0 g protein
- 0 g fat
- 60 mg sodium
- 70 g fiber
- 0 g sugar

- Pepsi®
- Medium
- 32 kcal
- 400 g carb
- 0 g protein
- 0 g fat
- 100 mg sodium
- 112 g fiber
- 0 g sugar

- Pepsi®
- Large
- 40 kcal
- 500 g carb
- 0 g protein
- 0 g fat
- 125 mg sodium
- 140 g fiber
- 0 g sugar

- Mountain Dew®
- Kids
- 12 kcal
- 160 g carb
- 0 g protein
- 0 g fat
- 50 mg sodium
- 43 g fiber
- 0 g sugar

- Mountain Dew®
- Small
- 20 kcal
- 270 g carb
- 0 g protein
- 0 g fat
- 85 mg sodium
- 72 g fiber
- 0 g sugar

- Mountain Dew®
- Medium
- 32 kcal
- 440 g carb
- 0 g protein
- 0 g fat
- 140 mg sodium
- 116 g fiber
- 0 g sugar

- Mountain Dew®
- Large
- 40 kcal
- 550 g carb
- 0 g protein
- 0 g fat
- 170 mg sodium
- 145 g fiber
- 0 g sugar

- Sierra Mist®
- Kids
- 12 kcal
- 150 g carb
- 0 g protein
- 0 g fat
- 30 mg sodium
- 40 g fiber
- 0 g sugar

- Sierra Mist®
- Small
- 20 kcal
- 250 g carb
- 0 g protein
- 0 g fat
- 67 mg sodium
- 70 g fiber
- 0 g sugar

- Sierra Mist®
- Medium
- 32 kcal
- 400 g carb
- 0 g protein
- 0 g fat
- 80 mg sodium
- 108 g fiber
- 0 g sugar

- Sierra Mist®
- Large
- 40 kcal
- 500 g carb
- 0 g protein
- 0 g fat
- 100 mg sodium
- 135 g fiber
- 0 g sugar

- Dr. Pepper®
- Kids
- 12 kcal
- 150 g carb
- 0 g protein
- 0 g fat
- 50 mg sodium
- 40 g fiber
- 0 g sugar

- Dr. Pepper®
- Small
- 20 kcal
- 250 g carb
- 0 g protein
- 0 g fat
- 85 mg sodium
- 67 g fiber
- 0 g sugar

- Dr. Pepper®
- Medium
- 32 kcal
- 400 g carb
- 0 g protein
- 0 g fat
- 140 mg sodium
- 108 g fiber
- 0 g sugar

- Dr. Pepper®
- Large
- 40 kcal
- 500 g carb
- 0 g protein
- 0 g fat
- 175 mg sodium
- 135 g fiber
- 0 g sugar

- Tropicana® Lemonade
- Kids
- 12 kcal
- 150 g carb
- 0 g protein
- 0 g fat
- 160 mg sodium
- 41 g fiber
- 0 g sugar

- Tropicana® Lemonade
- Small
- 20 kcal
- 250 g carb
- 0 g protein
- 0 g fat
- 265 mg sodium
- 68 g fiber
- 0 g sugar

- Tropicana® Lemonade
- Medium
- 32 kcal
- 400 g carb
- 0 g protein
- 0 g fat
- 420 mg sodium
- 108 g fiber
- 0 g sugar
<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Sugar</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tropicana® Lemonade</td>
<td>Large</td>
<td>40 500 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>525 135 0</td>
<td>135 0</td>
<td>0</td>
<td>135 0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Twister® Orange</td>
<td>Kids</td>
<td>12 170 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>40 47 0</td>
<td>45 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Twister® Orange</td>
<td>Small</td>
<td>20 280 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>65 78 0</td>
<td>75 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Twister® Orange</td>
<td>Medium</td>
<td>32 440 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100 124 0</td>
<td>120 0</td>
<td>0</td>
<td>120 0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Twister® Orange</td>
<td>Large</td>
<td>40 550 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>125 155 0</td>
<td>150 0</td>
<td>0</td>
<td>150 0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Fruit Punch</td>
<td>Kids</td>
<td>12 160 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35 45 0</td>
<td>45 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Fruit Punch</td>
<td>Small</td>
<td>20 270 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60 75 0</td>
<td>75 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Fruit Punch</td>
<td>Medium</td>
<td>32 440 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100 120 0</td>
<td>120 0</td>
<td>0</td>
<td>120 0</td>
<td>0</td>
</tr>
<tr>
<td>Tropicana® Fruit Punch</td>
<td>Large</td>
<td>40 550 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>125 150 0</td>
<td>150 0</td>
<td>0</td>
<td>150 0</td>
<td>0</td>
</tr>
<tr>
<td>Wild Cherry Pepsi®</td>
<td>Kids</td>
<td>12 150 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30 42 0</td>
<td>42 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Wild Cherry Pepsi®</td>
<td>Small</td>
<td>20 250 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>50 70 0</td>
<td>70 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Wild Cherry Pepsi®</td>
<td>Medium</td>
<td>32 400 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>80 112 0</td>
<td>112 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Wild Cherry Pepsi®</td>
<td>Large</td>
<td>40 500 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100 140 0</td>
<td>140 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lipton® Raspberry Tea</td>
<td>Kids</td>
<td>12 120 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35 31 0</td>
<td>31 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lipton® Raspberry Tea</td>
<td>Small</td>
<td>20 200 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60 52 0</td>
<td>52 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lipton® Raspberry Tea</td>
<td>Medium</td>
<td>32 320 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100 84 0</td>
<td>84 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Lipton® Raspberry Tea</td>
<td>Large</td>
<td>40 400 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>125 105 0</td>
<td>105 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Silver's Tea (sweetened)</td>
<td>Kids</td>
<td>12 130 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15 32 0</td>
<td>32 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Silver's Tea (sweetened)</td>
<td>Small</td>
<td>20 210 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20 54 0</td>
<td>54 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Silver's Tea (sweetened)</td>
<td>Medium</td>
<td>32 340 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35 87 0</td>
<td>87 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Silver's Tea (sweetened)</td>
<td>Large</td>
<td>40 420 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>40 108 0</td>
<td>108 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Silver's Tea (unsweetened)</td>
<td>Kids</td>
<td>12 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silver's Tea (unsweetened)</td>
<td>Small</td>
<td>20 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silver's Tea (unsweetened)</td>
<td>Medium</td>
<td>32 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Silver's Tea (unsweetened)</td>
<td>Large</td>
<td>40 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>45 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Pepsi®</td>
<td>Kids</td>
<td>12 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Pepsi®</td>
<td>Small</td>
<td>20 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Pepsi®</td>
<td>Medium</td>
<td>32 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Pepsi®</td>
<td>Large</td>
<td>40 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>125 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Mountain Dew®</td>
<td>Kids</td>
<td>12 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Mountain Dew®</td>
<td>Small</td>
<td>20 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>100 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Mountain Dew®</td>
<td>Medium</td>
<td>32 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>160 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diet Mountain Dew®</td>
<td>Large</td>
<td>40 0 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>200 0 0 0</td>
<td>0</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mott's® Apple juice</td>
<td>1 box</td>
<td>4 60 0 0 0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5 15 0 14 0</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Content of Family-size items is equal to (4) individual servings**

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Product data is based on current U.S. formulations as of date of publication. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure.

Revised, 1/17

Beverage volumes are represented in fluid ounces.