



**Buffet
Nutrition Information**

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
American Buffet: Broasted Boneless Wings, BBQ	160	40	4.5	0.5	0	40	590	11	1	5	18	
American Buffet: Broasted Boneless Wings, Buffalo	130	40	4.5	0.5	0	40	1150	6	0	0	18	
American Buffet: Broasted Fried Chicken	110	60	7	1.5	0	45	290	2	0	0	10	
American Buffet: Broasted Fried Chicken Tenders	250	80	8	1	0	75	940	10	1	0	33	
American Buffet: Buttermilk Biscuits	220	100	11	5	0	0	650	28	-	2	3	
American Buffet: Cocktail Sauce	70	0	0	0	0	0	590	18	>1	12	>1	
American Buffet: Corn	25	0	0	0	0	0	0	6	1	1	1	
American Buffet: Gravy	80	50	5	1	0	0	460	7	0	2	1	
American Buffet: Green Bean Casserole	10	5	0	0	0	0	80	1	0	0	0	Analysis for 0.7 oz.
American Buffet: Hash Brown Casserole	50	20	2.5	1.5	0	5	100	6	1	1	2	Analysis for 1.5 oz.
American Buffet: Mashed Potatoes	50	5	0.5	0	0	5	240	10	1	0	1	
American Buffet: Potato Wedges	120	50	5	0	0	0	440	17	2	0	2	
American Buffet: Shrimp, Breaded	180	5	0.5	0	0	75	390	32	1	1	11	Analysis for about 11 shrimp.
American Buffet: Tartar Sauce	140	130	15	2.5	0	15	220	1	0	0	0	
American Buffet: Tilapia	210	35	3.5	1	0	100	1480	5	1	1	41	
American Buffet: Turkey Pot Roast	80	35	3.5	1	0	30	440	4	0	1	9	Analysis for 2.2 oz.
Bread Buffet: Cinnamon Breadstick	380	120	14	2.5	0	5	340	58	2	16	6	
Bread Buffet: Garlic Breadstick	330	130	15	1.5	0	0	390	43	1	2	6	
Bread Buffet: Garlic Rolls	160	70	8	4	0.5	15	520	14	1	0	9	
Bread Buffet: Salad Pushers	170	70	8	1	0	0	240	22	1	1	3	
Bread Buffet: Two Cheese Bread	120	70	8	3	0.5	15	300	9	0	0	6	
Breads Dining Room: Garlic Roll, Side	230	100	11	5	0.5	20	730	19	2	1	13	
Dessert Buffet: Biscotti Cookies	210	100	11	1	0	45	170	23	1	7	5	
Dessert Buffet: Blonde Bars	150	60	7	2	0	10	200	21	0	12	2	Analysis for 1 bar.
Dessert Buffet: Chocolate Chip Cookies	160	70	7	2.5	2	10	150	21	-	9	1	
Dessert Buffet: Cobbler, Blueberry	240	60	7	2	0	20	280	41	1	26	2	Analysis for 3.8 oz
Dessert Buffet: Cobbler, Cherry	240	60	7	2	0	15	230	41	1	25	2	Analysis for 3.8 oz
Dessert Buffet: Cobbler, Peach	260	60	7	2	0	15	210	46	1	31	2	Analysis for 3.8 oz
Dessert Buffet: Crisp, Apple	310	140	16	3	2	0	310	41	2	30	2	Analysis for 2.2 oz.
Dessert Buffet: Deluxe Cinnamon Crisp Pizza	190	70	9	1.5	0	0	150	27	1	10	2	Recipe yields 8 slices; analysis for 1 slice.
Dessert Buffet: Ice Cream Topping, Apple	80	0	0	0	0	0	50	21	0	17	0	
Dessert Buffet: Ice Cream Topping, Mini M&Ms	110	50	5	3.5	0	5	15	16	1	14	1	
Dessert Buffet: Ice Cream Topping, Mini Marshmallows	20	0	0	0	-	0	0	5	0	3	0	
Dessert Buffet: Ice Cream Topping, Peach	100	0	0	0	0	0	0	26	1	22	0	
Dessert Buffet: Ice Cream Topping, Rainbow Sprinkles	100	35	4	3.5	0	0	0	15	0	8	0	
Dessert Buffet: Ice Cream Topping, Strawberry	40	0	0	0	0	0	10	10	0	9	0	
Dessert Buffet: Non-Dairy Soft Serve Ice Cream, Vanilla	130	25	2.5	2.5	0	0	95	0	26	22	0	
Dessert Buffet: Powdered Sugar Brownies	90	20	2.5	0.5	0	0	75	16	1	11	1	
Dessert Buffet: Snicker Doodle Cookies	170	80	9	2	2.5	10	115	19	-	11	1	
Dessert Buffet: Soft Serve Ice Cream, Chocolate	150	45	5	3.5	0	25	100	23	0	23	4	



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Dessert Buffet: Soft Serve Ice Cream, Vanilla	70	15	1.5	1	-	5	40	13	0	11	3	
Dessert Buffet: Soft Serve Ice Cream, Vanilla and Chocolate Twist	120	30	3.5	2.5	0	15	70	19	0	17	3	
Dessert Buffet: Sugar Free Chocolate Chip Cookies	70	35	3.5	2	0	0	75	11	-	0	1	
Italian Buffet: Baked Lasagne w/Heavy Meat Sauce	210	70	8	3.5	0	20	590	27	4	8	8	
Italian Buffet: Manicotti	100	40	4.5	2	0	15	220	10	1	2	5	
Italian Buffet: Meatballs	130	70	8	3	0	60	240	5	0	0	11	Analysis for 1.8 oz.
Italian Buffet: Pasta Primavera	100	45	5	2	0	10	270	10	1	1	4	
Kids Buffet: Chicken Strip	280	140	16	2.5	0	35	600	19	1	0	16	Analysis for 4.25 oz.
Kids Buffet: Corn Dogs	220	120	13	3.5	0	30	450	20	1	6	6	Analysis for 6 Mini Corn Dogs.
Kids Buffet: French Toast Sticks	260	110	12	2	0	>5	170	34	3	10	6	Analysis for 4 pieces.
Kids Buffet: Ketchup	15	0	0	0	0	0	150	5	0	4	0	
Kids Buffet: Mac and Cheese	80	10	1	0	0	0	65	14	1	1	3	Analysis for 1.8 oz.
Kids Buffet: Maple Syrup	100	0	0	0	0	0	45	26	0	14	0	
Kids Buffet: Mustard	10	5	0.5	0	0	0	170	1	1	0	1	
Kids Buffet: Potato Smiley	160	50	6	1	0	0	230	25	2	0	2	Analysis for 3 oz.
Mexican Buffet: Enchiladas	410	200	23	10	0	70	1990	30	4	3	22	Analysis for 7.9 oz.
Mexican Buffet: Hard Taco Shells	50	25	2.5	1	0	0	0	6	1	0	1	
Mexican Buffet: Imitation Cheddar Cheese, Shredded	100	45	5	2.5	0	0	320	12	0	1	0	
Mexican Buffet: Jalapeno Rings	5	0	0	0	0	0	330	1	1	0	0	
Mexican Buffet: Nacho Cheese Sauce	50	25	3	1	0	0	270	5	0	1	1	
Mexican Buffet: Salsa	0	0	0	0	0	0	560	0	0	0	0	
Mexican Buffet: Shredded Lettuce	0	0	0	0	0	0	0	0	0	0	0	
Mexican Buffet: Sliced Black Olives	30	30	3	0	0	0	160	1	0	0	0	
Mexican Buffet: Soft Taco Shells	60	5	0.5	0	0	0	105	12	1	1	2	
Mexican Buffet: Sour Cream	60	45	5	3.5	0	20	45	2	0	1	1	
Mexican Buffet: Spanish Rice	60	15	2	0	0	0	85	9	0	1	1	Analysis for 1.5 oz.
Mexican Buffet: Taco Meat	80	40	4.5	2	0	20	610	3	1	1	6	
Pasta Buffet: Alfredo Sauce	50	35	4	2	0	10	105	3	0	1	1	
Pasta Buffet: Beer Cheese Sauce	40	25	3	1	0	5	120	2	0	1	1	
Pasta Buffet: Cheese Filled Mini Ravioli	80	25	2.5	1.5	0	20	120	12	1	1	5	
Pasta Buffet: Heavy Meat Sauce	50	20	2.5	0.5	0	5	330	6	2	3	2	
Pasta Buffet: Marinara Sauce	40	15	1.5	0	0	0	260	7	2	5	1	
Pasta Buffet: Mostaccioli	45	0	0	0	0	0	35	9	1	0	2	
Pasta Buffet: Rotini	60	5	0	0	0	0	50	11	1	0	2	
Pasta Buffet: Sicilian Sauce	60	40	4.5	2	0	10	95	2	0	1	1	
Pasta Buffet: Spaghetti	170	10	1	0	0	0	140	33	2	1	6	
Pizza Buffet: 4 Cheese Pizza	170	80	9	3	0	15	360	17	1	2	6	Analysis for 1 slice.
Pizza Buffet: Bacon Cheeseburger	190	90	10	3.5	0	25	660	18	1	3	8	Analysis for 1 slice
Pizza Buffet: Biscuit and Gravy Pizza (Brunch)	190	90	11	3	0	15	450	17	1	1	6	Analysis for 1 slice.
Pizza Buffet: Cheese Pizza	150	60	7	2.5	0	10	330	17	1	2	5	Analysis for 1 slice



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Pizza Buffet: Hamburger Pizza	170	70	8	3	0	20	480	17	1	2	6	Analysis for 1 slice
Pizza Buffet: Pepperoni Pizza	170	80	9	3	0	15	400	17	1	2	5	Analysis for 1 slice
Pizza Buffet: Special Pizza	190	90	10	3.5	0	25	550	17	1	2	8	Analysis for 1 slice.
Pizza Buffet: Vegetarian Pizza	160	80	9	2.5	0	10	440	17	1	2	5	Analysis for 1 slice.
Salad Bar: 1000 Island Dressing	210	180	20	3	0	15	440	9	0	8	0	
Salad Bar: 5 Leaf Lettuce Blend	10	0	0	0	0	0	35	2	1	1	1	
Salad Bar: Apple Sauce	190	0	0	0	0	0	70	51	3	-	0	
Salad Bar: Baby Carrots	15	0	0	0	0	0	35	4	1	2	0	
Salad Bar: Bacon Bits	50	15	1.5	0	0	0	200	3	2	0	5	
Salad Bar: Balsamic Vinager	15	0	0	0	0	0	0	3	0	3	0	
Salad Bar: Bleu Cheese Dressing	200	180	20	6	0	30	420	2	0	1	2	
Salad Bar: Broccoli	5	0	0	0	0	0	0	1	0	0	0	
Salad Bar: Broccoli & Bacon Salad	110	70	8	1.5	0	10	140	7	1	3	2	
Salad Bar: Cauliflower	5	0	0	0	0	0	5	1	0	0	0	
Salad Bar: Chex Mix	70	20	2.5	0.5	0	0	125	12	1	1	1	
Salad Bar: Chocolate Pudding	170	50	6	2	2	0	210	28	>1	20	2	
Salad Bar: Cole Slaw	110	50	5	1	0	5	135	15	2	13	1	
Salad Bar: Cottage Cheese	70	30	3.5	2	0	15	320	3	0	2	8	
Salad Bar: Creamy Italian Dressing	160	150	17	3	0	10	370	2	0	1	1	
Salad Bar: Crostini	45	25	3	0.5	0	0	95	4	0	0	1	
Salad Bar: Croutons	35	10	1	0	0	0	105	6	0	0	1	
Salad Bar: Crushed Red Pepper	10	5	0	0	0	0	0	2	1	0	0	
Salad Bar: Cucumber Slices	5	0	0	0	0	0	0	1	0	1	0	
Salad Bar: Diced Eggs	50	30	3.5	1	-	115	40	0	0	0	4	
Salad Bar: Dinner Roll	90	35	4	0	0	0	115	13	0	1	2	
Salad Bar: Dorothy Lynch French Dressing	150	90	11	1.5	0	0	240	17	2	12	0	
Salad Bar: Edamame	70	25	2.5	0	0	0	0	4	0	1	6	
Salad Bar: Focaccia Dinner Roll	100	35	4.5	0.5	0	0	160	13	0	1	2	
Salad Bar: Focaccia Spice Topping	0	0	0	0	0	0	20	0	0	0	0	
Salad Bar: Fresh Fruit	25	0	0	0	0	0	0	6	0	6	0	
Salad Bar: Fruit Salad	25	0	0	0	0	0	0	6	0	5	0	
Salad Bar: Grated Parmano Cheese	10	10	1	0.5	0	0	45	0	0	0	1	
Salad Bar: Iceberg/Romaine Lettuce Blend	10	0	0	0	0	0	5	2	1	1	1	
Salad Bar: Italian Dressing	130	120	14	2	0	0	340	3	0	3	0	
Salad Bar: Lemon Wedges	15	0	0	0	0	0	0	6	2	1	1	
Salad Bar: Lo Cal Ranch Dressing	130	110	12	3	0	35	360	5	0	1	1	
Salad Bar: Macaroni Salad	170	120	14	3	0	10	230	9	0	4	2	
Salad Bar: Mandarin Oranges	35	0	0	0	0	0	0	7	0	7	0	
Salad Bar: Marinated Garbanzo Beans	60	5	0	0	0	0	190	8	2	0	2	
Salad Bar: Minestrone Soup	70	25	2.5	0	0	0	340	10	2	3	2	



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Salad Bar: Peaches	60	0	0	0	0	0	0	16	1	15	1	
Salad Bar: Peas	30	0	0	0	0	0	0	6	2	2	2	
Salad Bar: Pepperoncini	25	0	0	0	0	0	770	5	2	0	0	
Salad Bar: Pepperoni	15	10	1.5	1	0	5	75	0	0	0	1	
Salad Bar: Pickle Spears	10	0	0	0	0	0	600	2	1	1	0	
Salad Bar: Pickled Beets, Sliced	50	0	0	0	0	0	200	13	-	11	0	
Salad Bar: Potato Salad	110	50	6	0	-	5	85	12	1	4	1	
Salad Bar: Radishes	9	0	0	0	-	0	11	1	0	1	0	
Salad Bar: Raisins	50	0	0	0	0	0	0	13	1	10	1	
Salad Bar: Ranch Dressing	190	180	20	4	0	15	430	2	0	1	1	
Salad Bar: Red Onion Rings	10	0	0	0	0	0	0	3	0	1	0	
Salad Bar: Red Wine Vinegar	0	0	0	0	0	-	0	0	0	0	0	
Salad Bar: Salad Gems	50	25	3	0	0	0	10	5	1	4	2	
Salad Bar: Salad Oil	80	80	9	1.5	0	0	0	0	0	0	0	
Salad Bar: Saltine Crackers	25	5	0.5	0	0	0	90	4	-	0	1	
Salad Bar: Shredded Romano Cheese	70	45	5	3	-	15	330	1	0	0	6	
Salad Bar: Six Bean Salad	70	20	2.5	0	0	0	130	11	1	5	2	
Salad Bar: Sliced Mushrooms	5	0	0	0	0	0	0	1	0	0	1	
Salad Bar: Spinach and Artichoke Dip	100	70	8	5	0	30	270	4	1	2	2	
Salad Bar: Spinach Noodle Salad	110	70	8	2	0	5	160	6	0	1	3	
Salad Bar: Tomato Wedges	10	0	0	0	0	0	0	3	1	2	1	
Salad Bar: Tortilla Roll-Up	90	50	5	3	0	15	190	7	0	1	3	
Salad Bar: Tri-Colored Tortilla Chips	45	5	0.5	0	0	0	0	9	1	0	1	
Salad Bar: Turkey Ham, Diced	60	40	4.5	1.5	0	30	270	0	0	0	4	
Salad Bar: Whole Black Olives	35	25	3	0	0	0	210	2	1	0	0	
Sunday Brunch Buffet: Apple Danish	120	45	5	2	0	5	130	17	1	7	2	
Sunday Brunch Buffet: Apple Topping	40	0	0	0	0	0	25	11	0	9	0	
Sunday Brunch Buffet: Apricot Syrup	60	0	0	-	0	-	0	16	-	15	0	
Sunday Brunch Buffet: Bacon	120	80	9	3	0	25	370	0	0	0	8	
Sunday Brunch Buffet: Biscuits	80	40	4.5	1.5	0	0	200	10	0	1	1	
Sunday Brunch Buffet: Blueberry Muffin	150	45	5	1	1.5	20	190	26	-	16	2	
Sunday Brunch Buffet: Blueberry Syrup	80	0	0	-	0	-	5	19	-	19	0	
Sunday Brunch Buffet: Blueberry Topping	20	0	0	0	0	0	15	5	0	4	0	
Sunday Brunch Buffet: Boysenberry Syrup	60	0	0	0	0	0	0	15	0	15	0	
Sunday Brunch Buffet: Carving Station Toppings, Au Jus	0	0	0	0	0	0	70	0	0	0	0	Analysis for 1 Tbs.
Sunday Brunch Buffet: Carving Station Toppings, BBQ Sauce	25	0	0	0	0	-	105	6	0	5	0	
Sunday Brunch Buffet: Carving Station Toppings, Honey Mustard	70	50	6	1	0	5	90	4	0	3	1	
Sunday Brunch Buffet: Carving Station Toppings, Horseradish Cream	25	15	1.5	1	0	5	115	2	0	1	0	Analysis for 1 Tbs.
Sunday Brunch Buffet: Carving Station Toppings, Mushroom Merlot	25	10	1	0	0	0	130	2	0	1	0	Analysis for 1 fl oz.
Sunday Brunch Buffet: Cheese Blintz	100	15	2	1	0	10	310	15	-	4	5	



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Sunday Brunch Buffet: Cherry Bites	80	40	4.5	1.5	1	0	55	10	0	5	1	
Sunday Brunch Buffet: Cherry Topping	20	0	0	0	0	0	0	5	0	4	0	
Sunday Brunch Buffet: Cinnamon Danish	130	45	5	2	0	10	125	19	0	9	2	
Sunday Brunch Buffet: Cinnamon Rolls	210	45	5	3	0	15	140	38	1	26	3	
Sunday Brunch Buffet: Cinnamon Sugar	5	0	0	0	0	0	0	1	0	1	0	
Sunday Brunch Buffet: Cream Cheese Danish	130	50	6	2.5	0	10	140	16	0	6	2	
Sunday Brunch Buffet: Crueller, Glazed Chocolate	230	150	16	7	0	0	250	21	1	7	3	
Sunday Brunch Buffet: Crueller, Glazed Vanilla	240	150	16	7	0	0	240	21	1	7	2	
Sunday Brunch Buffet: Gravy	80	50	5	1	0	0	460	7	0	2	1	
Sunday Brunch Buffet: Honey Baked Ham	110	20	2	1	-	20	820	7	0	0	16	
Sunday Brunch Buffet: Honey Butter	110	100	11	2	1.5	0	90	3	0	3	0	
Sunday Brunch Buffet: Link Sausage	120	100	11	4	-	30	200	0	-	-	8	
Sunday Brunch Buffet: Maple Syrup	80	0	0	0	0	0	35	19	0	11	0	
Sunday Brunch Buffet: Omelet Topping, Bacon	30	20	2.5	1	0	5	95	0	0	0	2	
Sunday Brunch Buffet: Omelet Topping, Breakfast Sausage	45	35	4	1.5	0	10	115	0	0	0	2	
Sunday Brunch Buffet: Omelet Topping, Broccoli	5	0	0	0	0	0	0	1	0	0	0	
Sunday Brunch Buffet: Omelet Topping, Diced Chicken	15	5	0.5	0	0	5	125	0	0	0	3	
Sunday Brunch Buffet: Omelet Topping, Diced Ham	10	5	0	0	0	5	125	0	0	0	2	
Sunday Brunch Buffet: Omelet Topping, Diced Onions	0	0	0	0	0	0	0	1	0	0	0	
Sunday Brunch Buffet: Omelet Topping, Diced Tomatoes	0	0	0	0	0	0	0	0	0	0	0	
Sunday Brunch Buffet: Omelet Topping, Green Peppers	0	0	0	0	0	0	0	0	0	0	0	
Sunday Brunch Buffet: Omelet Topping, Jalapeno Slices	5	0	0	0	0	0	280	1	0	0	0	
Sunday Brunch Buffet: Omelet Topping, Mixed Cheese	20	15	1.5	1	0	5	45	0	0	0	1	
Sunday Brunch Buffet: Omelet Topping, Pepperoni	45	35	4	2	0	10	140	0	0	0	2	
Sunday Brunch Buffet: Omelet Topping, Sliced Black Olives	10	10	1	0	0	0	45	0	0	0	0	
Sunday Brunch Buffet: Omelet Topping, Sliced Mushrooms	0	0	0	0	0	0	0	0	0	0	0	
Sunday Brunch Buffet: Omelet, Plain	210	130	14	4.5	0	455	190	0	0	0	16	
Sunday Brunch Buffet: Pancakes, Blueberry	150	50	6	2	0	20	180	22	0	6	3	
Sunday Brunch Buffet: Pancakes, Plain	150	50	6	2	0	20	190	22	0	6	3	
Sunday Brunch Buffet: Powdered Sugar	0	0	0	0	0	0	0	1	0	1	0	
Sunday Brunch Buffet: Powdered Sugar Donut Hole	50	20	2.5	1	0	5	55	7	-	3	1	
Sunday Brunch Buffet: Prime Rib	280	220	24	10	0	55	200	1	0	0	15	
Sunday Brunch Buffet: Raspberry Danish	120	45	5	2	0	5	125	18	0	7	2	
Sunday Brunch Buffet: Scrambled Eggs with Cheddar Cheese Sauce	80	45	5	1.5	0	210	280	2	0	1	7	
Sunday Brunch Buffet: Scrambled Eggs with Sausage, Green Pepper, and Mushroom	80	45	5	1.5	0	185	220	2	0	1	7	
Sunday Brunch Buffet: Scrambled Eggs, Plain	80	45	5	1.5	0	220	270	2	0	1	7	
Sunday Brunch Buffet: Strawberry Syrup	30	0	0	0	0	0	10	8	0	7	0	
Sunday Brunch Buffet: Strawberry Topping	20	0	0	0	0	0	5	5	0	5	0	
Sunday Brunch Buffet: Sugar Free Maple Syrup	10	0	0	-	-	-	65	3	-	0	0	
Sunday Brunch Buffet: Waffles, Chocolate Chip	330	140	15	8	0	75	660	46	2	13	6	



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Sunday Brunch Buffet: Waffles, Plain	230	90	10	5	0	60	550	32	1	6	4	
Sunday Brunch Buffet: Whipped Topping	25	20	2	2	0	0	0	2	0	2	0	

Values listed as "-" indicate that data is not available from suppliers, product labels or the USDA database for that nutrient.

Beverages:												
	Calories (kcal)	Fat (g)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Sodium (mg)						
Kid Fountain - 12 Fluid Ounces with no ice.*												
BRISK RASPBERRY ICED TEA	80	0	20	20	0	45						
DIET MTN DEW	0	0	<1	0	0	55						
DIET PEPSI	0	0	0	0	0	55						
DR PEPPER	140	0	39	38	0	45						
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	120						
MTN DEW	160	0	44	44	0	50						
MUG ROOT BEER	140	0	39	39	0	45						
PEPSI	150	0	41	41	0	30						
PEPSI WILD CHERRY	160	0	42	42	0	30						
SIERRA MIST	150	0	41	41	0	35						
TROPICANA FRUIT PUNCH (FTN)	170	0	45	45	0	35						
TROPICANA LEMONADE (FTN)	150	0	40	40	0	150						
*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.												

	Calories (kcal)	Fat (g)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Sodium (mg)						
Adult Fountain - 20 Fluid Ounces with no ice.*												
BRISK RASPBERRY ICED TEA	130	0	33	33	0	70						
DIET MTN DEW	10	0	<1	1	0	90						
DIET PEPSI	0	0	0	0	0	95						
DR PEPPER	240	0	65	64	0	75						
LIPTON BREWED ICED TEA UNSWEETENED	0	0	0	0	0	200						
MTN DEW	270	0	73	73	0	85						
MUG ROOT BEER	240	0	65	65	0	75						
PEPSI	250	0	69	69	0	55						
PEPSI WILD CHERRY	260	0	70	70	0	50						
SIERRA MIST	260	0	68	68	0	55						
TROPICANA FRUIT PUNCH (FTN)	280	0	75	75	0	60						
TROPICANA LEMONADE (FTN)	260	0	67	67	0	260						
*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.												

	Calories (kcal)	Fat (g)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Sodium (mg)						
1 Flavor Shot - 0.5 Fluid Ounces with no ice.*												
FLAVOR WORKS FLAVOR SHOT - CHERRY	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - GRAPE	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - LEMON	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - LIME	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - ORANGE GRAPEFRUIT	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - PEACH	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - STRAWBERRY	0	0	0	0	0	0						
FLAVOR WORKS FLAVOR SHOT - VANILLA	0	0	0	0	0	0						
*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.												

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
Other Beverages												
2% Milk	130	45	5	3	0	20	130	12	0	12	8	
Chocolate Milk	140	20	2.5	1.5	0	15	180	20	0	18	8	
Coffee	5	0	0	0	0	0	5	0	0	0	0	
Juice - Apple	110	0	0	0	0	0	15	26	0	26	0	

Juice - Cranberry	110	0	0	0	0	0	10	27	0	21	0
Juice - Orange	120	0	0	0	0	0	0	28	0	27	2
*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.											