

Jungle Java/Tropical Tap

Nutrition Facts <i>Strawberry</i>			
Serving Size 8oz <i>(serving sizes may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	150	Calories from Fat	0
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat	0g 0%		
Trans Fat	0g 0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 37g	12%		
Dietary Fiber	2g 8%		
Sugars	31g		
Protein 0g			
Vitamin A	0	Vitamin C	120%

*Based on a 2,000 calorie diet.

Allergens: none reported

Nutrition Facts <i>Wildberry</i>			
Serving Size 8oz <i>(serving sizes may vary)</i>			
Servings Per Container 2			
Amount Per Serving			
Calories	160	Calories from Fat	0
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat	0g 0%		
Trans Fat	0g 0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 38g	13%		
Dietary Fiber	2g 8%		
Sugars	31g		
Protein 0g			
Vitamin A	0%	Vitamin C	120%
Calcium	2%	Iron	2%

*Based on a 2,000 calorie diet.

Allergens: none reported

Island Oasis Smoothie



Soft Baked Pretzel

Nutrition Facts	
Serving Size 1 pretzel	
Servings Per Container 1	
Amount Per Serving	
Calories	190
Calories from Fat	9
% Daily Value*	
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	160mg
Total Carbohydrate	40g
Dietary Fiber	2g
Sugars	1g
Protein	6g

*Based on a 2,000 calorie diet.

Allergens: Wheat, Egg



Popcorn

Nutrition Facts			
Serving Size 1oz (serving sizes may vary)			
Servings Per Container 3			
Amount Per Serving			
Calories	148	Calories from Fat	76
% Daily Value*			
Total Fat	8g		13%
Saturated Fat	2g		10%
Trans Fat	3g		
Cholesterol	1mg		0%
Sodium	216mg		9%
Total Carbohydrate	16g		5%
Dietary Fiber	3		11%
Sugars	0		
Protein	2g		
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	4%

*Based on a 2,000 calorie diet.

Allergens: none reported



Chocolate Chip Cookie

Nutrition Facts			
Serving Size 1 cookie <i>(serving sizes may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
Calories	645	Calories from Fat	218
% Daily Value*			
Total Fat	24g		35%
Saturated Fat	14g		71%
Cholesterol	46mg		16%
Sodium	819mg		
Potassium	79mg		
Total Carbohydrate	103g		21%
Dietary Fiber	0.7g		
Sugars	70g		
Protein	6g		
Vitamin A	10%	Vitamin C	10%
Calcium	6%	Iron	13%
Thiamin	18%	Riboflavin	9%
Niacin	9%	Folic Acid	14%

*Based on a 2,000 calorie diet.

Allergens: wheat, dairy, egg, soy



Nutrition Facts			
Serving Size 1 cookie <i>(serving sizes may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
Calories	616	Calories from Fat	194
% Daily Value*			
Total Fat	21g		31%
Saturated Fat	12g		60%
Polyunsaturated Fat	0g		
Monounsaturated Fat	1g		
Trans Fat	0g		
Cholesterol	43mg		15%
Sodium	812mg		
Potassium	79mg		
Total Carbohydrate	103g		21%
Dietary Fiber	0.5g		
Sugars	70g		
Protein	5g		
Vitamin A	10%	Vitamin C	10%
Calcium	4%	Iron	11%
Thiamin	18%	Riboflavin	9%
Niacin	9%	Folic Acid	14%

*Based on a 2,000 calorie diet.

Allergens: wheat, dairy, egg, soy

M&M Cookie



Nachos with Cheese

Nutrition Facts			
Serving Size 1 Container (serving sizes may vary)			
Amount Per Serving			
Calories	800	Calories from Fat	340
Total Fat	40g		
Saturated Fat	7g		
Polyunsaturated Fat	14g		
Monounsaturated Fat	8g		
Trans Fat	4g		
Cholesterol	0mg		
Sodium	1460mg		
Total Carbohydrate	102g		
Dietary Fiber	4g		
Sugars	4g		
Protein	10g		
Vitamin A	4%	Vitamin C	0%
Calcium	12%	Iron	0%

*Based on a 2,000 calorie diet.

Allergens: Dairy



Nutrition Facts	
Serving Size 12oz (serving sizes may vary)	
Amount Per Serving	
Calories	147
Calories from Fat	0
	% Daily Value*
Total Fat	0g
Cholesterol	0mg
Sodium	27mg
Total Carbohydrate	8.8g
Protein	1.2g

*Based on a 2,000 calorie diet.

Allergens: Wheat

Bud Light



Pepsi

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	25mg
Total Carbohydrate	28g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Diet Pepsi

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	0
Calories from Fat	0
Total Fat	0g
Sodium	25mg
Total Carbohydrate	0g
Sugars	0g
Protein	0g
*Based on a 2,000 calorie diet.	



Tropicana Fruit Punch

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	25mg
Total Carbohydrate	30g
Sugars	30g
Protein	0g
*Based on a 2,000 calorie diet.	



Sierra Mist

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	20mg
Total Carbohydrate	27g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	110 Calories from Fat 0
Total Fat	0g
Sodium	35mg
Total Carbohydrate	29g
	Sugars 29g
Protein	0g
*Based on a 2,000 calorie diet.	

Mountain Dew



Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	0 Calories from Fat 0
Total Fat	0g
Sodium	30mg
Total Carbohydrate	0g
	Sugars 0g
Protein	0g
*Based on a 2,000 calorie diet.	

Brisk Iced Tea



Tropicana Pink Lemonade

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	105mg
Total Carbohydrate	27g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Dr. Pepper

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	100
Calories from Fat	0
Total Fat	0g
Sodium	35mg
Total Carbohydrate	27g
Sugars	27g
Protein	0g
*Based on a 2,000 calorie diet.	



Diet Dr. Pepper

Nutrition Facts	
Serving Size 8 fl oz	
Amount Per Serving	
Calories	0
Calories from Fat	0
Total Fat	0g
Sodium	35mg
Total Carbohydrate	0g
Sugars	0g
Protein	0g
*Based on a 2,000 calorie diet.	

