

La Rosa

Nutrition Facts

Serving Size 1 piece *(serving sizes may vary)*

Amount Per Serving

Calories 210 Calories from fat 90

Total Fat 10g

Saturated Fat 5g

Cholesterol 20mg

Sodium 310mg

Total Carbohydrate 20g

Dietary Fiber 1g

Protein 9g

*Based on a 2,000 calorie diet.

Allergens: Wheat, Milk, Soy

Cheese Pizza



Nutrition Facts

Serving Size 1 piece *(serving sizes may vary)*

Amount Per Serving

Calories 290 Calories from fat 153

Total Fat 17g

Saturated Fat 9g

Cholesterol 40mg

Sodium 520mg

Total Carbohydrate 20g

Dietary Fiber 1g

Protein 13g

*Based on a 2,000 calorie diet.

Allergens: Wheat, Milk, Soy

Pepperoni Pizza



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



Rice Krispie Treat

Nutrition Facts	
Serving Size 45g <i>(serving sizes may vary)</i>	
Servings Per Container 1.5	
Amount Per Serving	
Calories 190	Calories from Fat 40
% Daily Value*	
Total Fat 4.5	7%
Saturated Fat 1.5	8%
Trans Fat 0	
Cholesterol 0	0%
Sodium 210mg	9%
Total Carbohydrate 35g	12%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 1g	
Vitamin A 8%	Vitamin D 6%
Calcium 0%	Iron 4%
Thiamin 20%	Riboflavin 20%
Niacin 20%	Folic Acid 10%

*Based on a 2,000 calorie diet.

Allergens: Dairy, Soy



Bud Light

Nutrition Facts	
Serving Size 12oz <i>(serving sizes may vary)</i>	
Amount Per Serving	
Calories 110	Calories from Fat 0
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 11mg	1%
Total Carbohydrate 7g	5%
Protein 1g	0

*Based on a 2,000 calorie diet.

Allergens: Wheat



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.	

