

## Snack Shack

Nutrition Facts	
Serving Size 1 pretzel	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b>	190
	Calories from Fat 9
% Daily Value*	
<b>Total Fat 1g</b>	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 160mg</b>	7%
<b>Total Carbohydrate 40g</b>	13%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 6g</b>	
*Based on a 2,000 calorie diet.	

*Allergens: Wheat, Egg*

## Soft Baked Pretzel



Nutrition Facts			
Serving Size 1oz (serving sizes may vary)			
Servings Per Container 3			
Amount Per Serving			
<b>Calories</b>	148	Calories from Fat	76
% Daily Value*			
<b>Total Fat 8g</b>			13%
Saturated Fat 2g			10%
Trans Fat 3g			
<b>Cholesterol 1mg</b>			0%
<b>Sodium 216mg</b>			9%
<b>Total Carbohydrate 16g</b>			5%
Dietary Fiber 3			11%
Sugars 0			
<b>Protein 2g</b>			
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	4%
*Based on a 2,000 calorie diet.			

*Allergens: none reported*

## Popcorn



## Chocolate Chip Cookie

<b>Nutrition Facts</b>			
Serving Size 1 cookie <i>(serving sizes may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	645	Calories from Fat	218
		% Daily Value*	
<b>Total Fat</b>	24g		35%
Saturated Fat	14g		71%
<b>Cholesterol</b>	46mg		16%
<b>Sodium</b>	819mg		
<b>Potassium</b>	79mg		
<b>Total Carbohydrate</b>	103g		21%
Dietary Fiber	0.7g		
Sugars	70g		
<b>Protein</b>	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*



<b>Nutrition Facts</b>			
Serving Size 1 cookie <i>(serving sizes may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	616	Calories from Fat	194
		% Daily Value*	
<b>Total Fat</b>	21g		31%
Saturated Fat	12g		60%
Polyunsaturated Fat	0g		
Monounsaturated Fat	1g		
Trans Fat	0g		
<b>Cholesterol</b>	43mg		15%
<b>Sodium</b>	812mg		
<b>Potassium</b>	79mg		
<b>Total Carbohydrate</b>	103g		21%
Dietary Fiber	0.5g		
Sugars	70g		
<b>Protein</b>	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			
<b>Calories</b>	190	Calories from Fat	40
<b>% Daily Value*</b>			
<b>Total Fat</b>	<b>4.5</b>		7%
Saturated Fat	1.5		8%
Trans Fat	0		
<b>Cholesterol</b>	<b>0</b>		0%
<b>Sodium</b>	<b>210mg</b>		9%
<b>Total Carbohydrate</b>	<b>35g</b>		12%
Dietary Fiber	0g		0%
Sugars	17g		
<b>Protein</b>	<b>1g</b>		
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*



## Cotton Candy

Nutrition Facts			
Serving Size 1oz <i>(serving sizes may vary)</i>			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	110	Calories from Fat	0
<b>% Daily Value*</b>			
<b>Total Fat</b>	<b>0</b>		0%
Saturated Fat	0		0%
Trans Fat	0		
<b>Cholesterol</b>	<b>0</b>		0%
<b>Sodium</b>	<b>0</b>		0%
<b>Total Carbohydrate</b>	<b>28g</b>		10%
Dietary Fiber	0		0%
Sugars	28g		
<b>Protein</b>	<b>0</b>		

\*Based on a 2,000 calorie diet.



## Nutrition Facts

Serving Size 2oz (serving sizes may vary)

Servings Per Container approx 1

### Amount Per Serving

**Calories** 94    Calories from Fat 0

**% Daily Value\***

**Total Fat 0g** 0%

**Total Carbohydrate 23g** 8%

Sugars 22g

**Protein 0g**

\*Based on a 2,000 calorie diet.

*Allergens: none reported*

## Sno Cones (Cherry, Blue Raspberry & Lime)



## 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.

## Diet Dr. Pepper



## 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.

## 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.

## Diet Pepsi



## Tropicana Fruit Punch

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



## Sierra Mist

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



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

**Mountain Dew**



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

**Brisk Iced Tea**



## Tropicana Pink Lemonade

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



## Dr. Pepper

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

