

Sam's Club Café

Nutrition & Ingredients

Allergy Alert

Our Club may use some of the following ingredients: peanuts, eggs, soy, tree nuts, wheat, dairy products, fish, shellfish, and/or sesame. Even if these are not listed on the ingredient statement, please be aware that all products may have come in contact with these ingredients.

Café Desserts, Snacks, & Pizza

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Desserts

Yogurt Parfait

PLU 25590

Nutrition Facts

1 servings per container	
Serving size	1 parfait (319g)
Amount per serving	
Calories	360
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 77g	28%
Dietary Fiber 4g	14%
Total Sugars 46g	
Includes 35g Added Sugars	70%
Protein 10g	
Vitamin D 3.9mcg	20%
Calcium 270mg	20%
Iron 1.3mg	8%
Potassium 480mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Low Fat Yogurt (Cultured Low Fat Milk, Sugar, Modified Corn Starch, Less Than 1% Of: Corn Starch, Potassium Sorbate [Preservative], Natural Flavor, Vitamin A Acetate, Vitamin D3), Granola (Whole Grain Oats, Sugar, Crisp Rice [Rice Flour, Barley Malt Extract, Salt], Honey, Brown Sugar Syrup, Salt, Baking Soda, Natural Flavor, Tocopherols [Added To Preserve Freshness]), Strawberries, Blueberries, Raspberries. Contains: Milk.

Desserts

Vanilla Frozen Yogurt

PLU 7838

Nutrition Facts

1 servings per container	
Serving size 1 container (261g)	
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 230mg	10%
Total Carbohydrate 63g	23%
Dietary Fiber 0g	0%
Total Sugars 53g	
Includes 33g Added Sugars	66%
Protein 10g	
Vitamin D 0.1mcg	0%
Calcium 370mg	30%
Iron 0.1mg	0%
Potassium 620mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pasteurized nonfat milk, pasteurized sweet cream buttermilk, liquid sugar (sugar, water), pasteurized and cultured nonfat milk, corn syrup, whey (milk), cream, nonfat dry milk, contains less than 2% of sweetened pasteurized egg yolks (egg yolks, sugar), mono- and diglycerides, cellulose gum, guar gum, carrageenan, natural and artificial flavors, food starch-modified, pectin. Contains milk and eggs.

Chocolate Frozen Yogurt

PLU 7838

Nutrition Facts

1 servings per container	
Serving size 1 container (261g)	
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 68g	25%
Dietary Fiber 1g	4%
Total Sugars 54g	
Includes 36g Added Sugars	72%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 350mg	25%
Iron 2.9mg	15%
Potassium 880mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pasteurized nonfat milk, liquid sugar (sugar, water), pasteurized sweet cream buttermilk, pasteurized and cultured nonfat milk, corn syrup, whey (milk), cream, cocoa processed with alkali, nonfat dry milk, contains less than 1% of mono- and diglycerides, cellulose gum, guar gum, carrageenan, natural and artificial flavors, food starch-modified, pectin. Contains milk.

Desserts

Frozen Yogurt + 4 Berry Topping

PLU 32002

Nutrition Facts

1 servings per container
Serving size 1 container (342g)

Amount per serving
Calories 440

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 230mg	10%
Total Carbohydrate 87g	32%
Dietary Fiber 5g	18%
Total Sugars 65g	
Includes 43g Added Sugars	86%

Protein 11g

Vitamin D 0.1mcg	0%
Calcium 400mg	30%
Iron 0.1mg	0%
Potassium 770mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Frozen Yogurt: Pasteurized Nonfat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized And Cultured Nonfat Milk, Corn Syrup, Whey (Milk), Cream, Nonfat Dry Milk, Contains Less Than 2% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- And Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Natural And Artificial Flavors, Food Starch-modified, Pectin.
 Topping: Strawberries, Blueberries, Sugar, Blackberries, Raspberry Puree, Blueberry Puree, Strawberry Puree, Food Starch-modified.
 Contains Milk And Eggs.

Pretzel w/Butter & Cinnamon Sugar

PLU 35138

Nutrition Facts

1 servings per container
Serving size 1 pretzel (170g)

Amount per serving
Calories 490

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	14%
Total Carbohydrate 91g	33%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 13g Added Sugars	26%

Protein 14g

Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 4.6mg	25%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pretzel Crust: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Vegetable Oil Shortening (Palm Oil, Soy Oil), Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Salt, Baking Soda.
 Topping: Butter (Pasteurized Cream, Natural Flavors), Sugar, Cinnamon.
 Contains Milk And Wheat.

Desserts

Brownie Sundae

980235225

Nutrition Facts	
1 servings per container	
Serving size	1 sundae (401g)
Amount per serving	
Calories	900
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 500mg	22%
Total Carbohydrate 152g	55%
Dietary Fiber 2g	7%
Total Sugars 123g	
Includes 100g Added Sugars	200%
Protein 14g	
Vitamin D 0.2mcg	2%
Calcium 430mg	35%
Iron 2.7mg	15%
Potassium 920mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Frozen Yogurt: Pasteurized Nonfat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized And Cultured Nonfat Milk, Corn Syrup, Whey (Milk), Cream, Nonfat Dry Milk, Contains Less Than 2% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- And Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Natural And Artificial Flavors, Food Starch-modified, Pectin. Brownie: Sugar, Soy Oil, Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Palm Oil, Cocoa Processed With Alkali, Corn Syrup Solids, Less Than 2% Of: Caramel Color, Corn Syrup, Corn Starch, Egg Whites, High Fructose Corn Syrup, Aluminum Sulfate, Baking Soda, Sodium Aluminum Phosphate, Mono- And Diglycerides, Natural And Artificial Flavor, Skim Milk, Polysorbate 60, Sodium Propionate (Preservative), Sorbic Acid (Preservative), Salt, Soy Lecithin, Yellow Corn Flour. Drizzle Topping: Sugar, Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk, Sugar), Water, Palm Oil, Whey (Milk), Heavy Cream, Less Than 2% Of Citric Acid, Disodium Phosphate, Mono And Diglycerides, Natural And Artificial Flavor, Skim Milk, Pectin, Potassium Sorbate (Preservative), Propylene Glycol Alginate. Contains Milk, Eggs, Wheat And Soy.

Snacks

Hot Dog with Bun

PLU 7836

Nutrition Facts

1 servings per container
Serving size 1 order (179g)

Amount per serving
Calories 500

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 12g	60%
Trans Fat 2g	
Cholesterol 65mg	22%
Sodium 1410mg	61%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 20g	
Vitamin D 0.2mcg	2%
Calcium 100mg	8%
Iron 3.5mg	20%
Potassium 500mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Hot Dog Sausage: Beef, Water, Corn Syrup Solids, Salt, Sugar, Hydrolyzed Corn Protein Blend (Hydrolyzed Corn Protein, Dextrose, Safflower Oil), Mustard Seed Powder, Sodium Phosphates, Potassium Chloride, Garlic Powder, Paprika, Coriander, Onion Powder, Sodium Erythorbate, Nutmeg, White Pepper, Sodium Nitrite, Oleoresin Rosemary, Oleoresin Black Pepper, Coriander Oil. Hot Dog Bun: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Sugar, Less Than 2% Of Soy Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Mono- And Diglycerides, Ascorbic Acid, Sorbic Acid (Preservative), Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Turmeric, Yellow Corn Flour, Paprika, Natural Flavor, Distilled Monoglycerides, Citric Acid, Hydrogenated Cottonseed Oil, Soy Lecithin. Contains Sesame, Wheat And Soy.

Club 6675 Hot Dog with Bun

Nutrition Facts

1 servings per container
Serving size 1 order (182g)

Amount per serving
Calories 500

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1630mg	71%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 23g	
Vitamin D 0.2mcg	2%
Calcium 200mg	15%
Iron 3.4mg	20%
Potassium 50mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Hot Dog Sausage: Pork, Beef, Water, Salt, Corn Syrup Solids, Dextrose, Ground Mustard Seeds, Paprika, Sodium Phosphate, Onion Powder, Spices, Sodium Erythorbate, Natural Flavors, Extractives Of Paprika, Sodium Nitrite (Preservative). Hot Dog Bun: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Yeast, Soy Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Mono- And Diglycerides, Ascorbic Acid, Sorbic Acid (Preservative), Monocalcium Phosphate, Ammonium Sulfate, Turmeric Color, Enzymes, Yellow Corn Flour, Paprika Color, Natural Flavor, Distilled Monoglycerides, Citric Acid, Soy Lecithin. Contains Sesame, Wheat And Soy.

Snacks

Polish-Style Beef Sausage with Bun

PLU 7834

Nutrition Facts

1 servings per container	
Serving size	1 order (181g)
Amount per serving	
Calories	530
	% Daily Value*
Total Fat 34g	44%
Saturated Fat 13g	65%
Trans Fat 2g	
Cholesterol 60mg	20%
Sodium 1540mg	67%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 18g	
Vitamin D 0.3mcg	2%
Calcium 90mg	6%
Iron 3.5mg	20%
Potassium 570mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Polish-style Sausage: Beef, Water, Contains 2% Or Less Of Sorbitol, Salt, Dextrose, Potassium Lactate (Preservative), Sodium Lactate (Preservative), Flavoring, Sodium Phosphates, Garlic Powder, Sodium Diacetate (Preservative), Sodium Erythorbate, Extract Of Paprika, Sodium Nitrite (Preservative). Bun: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Sugar, Less Than 2% Of Soy Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Mono- And Diglycerides, Ascorbic Acid, Sorbic Acid (Preservative), Monocalcium Phosphate, Ammonium Sulfate, Enzymes, Turmeric, Yellow Corn Flour, Paprika, Natural Flavor, Distilled Monoglycerides, Citric Acid, Hydrogenated Cottonseed Oil, Soy Lecithin. Contains Sesame, Wheat And Soy.

Snacks

Pretzel w/Butter & Salt

PLU 35138

Nutrition Facts

1 servings per container
Serving size 1 pretzel (166g)

Amount per serving
Calories 470

% Daily Value*

Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 87g	32%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 4.6mg	25%
Potassium 150mg	4%

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Ingredients: Pretzel Crust: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Vegetable Oil Shortening (Palm Oil, Soy Oil), Yeast, Malted Barley Flour, Wheat Flour, Dextrose, Salt, Baking Soda. Topping: Butter (Pasteurized Cream, Natural Flavors), Salt. Contains Milk And Wheat. Contains Bioengineered Food
 Ingredients.

Pizza Pretzel

PLU 25780

Nutrition Facts

2 servings per container
Serving size 1/2 pretzel (164g)

Amount per serving
Calories 440

% Daily Value*

Total Fat 16g	21%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 750mg	33%
Total Carbohydrate 55g	20%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 19g	
Vitamin D 0.2mcg	2%
Calcium 260mg	20%
Iron 2.9mg	15%
Potassium 280mg	6%

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Ingredients: Pretzel Crust: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Less Than 2% Of Vegetable Oil Shortening (Palm Oil, Soy Oil), Yeast, Dextrose, Wheat Flour, Malted Barley Flour, Salt, Baking Soda. Shredded Mozzarella Cheese: Cultured Pasteurized Milk, Powdered Cellulose, Salt, Enzymes, Natamycin (A Mold Inhibitor). Sauce: Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée. Pepperoni: Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Dehydrated Granulated Garlic, Sodium Nitrite (Preservative), BHA (Preservative), BHT (Preservative), Citric Acid (Preservative).
 Contains Milk And Wheat

Pizza

Hot Bake 4 Meat Pizza

PLU 25801

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée) Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [Mold Inhibitor]), Cooked Spicy Italian Style Sausage (Pork, Water, Spices, Romano Cheese Made From Cow's Milk [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes] Salt, Corn Syrup Solids, Paprika, Dehydrated Garlic, Dextrose, Flavoring, Lemon Juice Powder [Corn Syrup Solids, Lemon Juice Solids, Lemon Oil], Disodium Inosinate, Disodium Guanylate), Diced Ham (Ham, Water, 2% Or Less Of: Sugar, Salt, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite [Preservative], Sodium Phosphates), Bacon Crumbles (Pork Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Pepperoni (Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Granulated Garlic, Sodium Nitrite, BHA , BHT , Citric Acid). Contains: Milk, Wheat. Contains A Bioengineered Food Ingredient.

Nutrition Facts

5 servings per container	
Serving size	1 slice (261g)
Amount per serving	
Calories	660
	% Daily Value*
Total Fat 33g	42%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1690mg	73%
Total Carbohydrate 61g	22%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 32g	
Vitamin D 1.2mcg	6%
Calcium 260mg	20%
Iron 4.3mg	25%
Potassium 660mg	15%

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Hot Bake Cheese Pizza

PLU 9299

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [Mold Inhibitor]), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée) Contains: Milk, Wheat.

Nutrition Facts

5 servings per container	
Serving size	1 slice (268g)
Amount per serving	
Calories	670
	% Daily Value*
Total Fat 29g	37%
Saturated Fat 15g	75%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 1370mg	60%
Total Carbohydrate 72g	26%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 32g	
Vitamin D 0.9mcg	4%
Calcium 600mg	45%
Iron 4mg	20%
Potassium 450mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pizza

Hot Bake Sausage & Cheese Pizza

PLU 9295

Nutrition Facts	
5 servings per container	
Serving size	1 slice (237g)
Amount per serving	
Calories	590
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1290mg	56%
Total Carbohydrate 64g	23%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 25g	
Vitamin D 0.8mcg	4%
Calcium 300mg	25%
Iron 4.1mg	25%
Potassium 360mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Puree), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes]), Powdered Cellulose, Natamycin), Cooked Spicy Italian Style Sausage (Pork, Water, Spices, Romano Cheese Made From Cow's Milk [Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes], Salt, Corn Syrup Solids, Paprika, Dehydrated Garlic, Dextrose, Flavoring, Lemon Juice Powder [Corn Syrup Solids, Lemon Juice Solids, Lemon Oil]), Disodium Inosinate, Disodium Guanylate).
Contains: Milk, Wheat.

Pizza

Hot Bake Pepperoni Pizza

PLU 9029

Nutrition Facts	
5 servings per container	
Serving size	1 slice (246g)
Amount per serving	
Calories	650
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 60mg	20%
Sodium 1500mg	65%
Total Carbohydrate 70g	25%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 27g	
Vitamin D 1.3mcg	6%
Calcium 320mg	25%
Iron 4.4mg	25%
Potassium 480mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [A Mold Inhibitor]), Pepperoni (Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Granulated Garlic, Sodium Nitrite, BHA [Preservative], BHT [Preservative], Citric Acid). Contains: Milk, Wheat

Hot Bake Pepperoni & Jalapeno Pizza

PLU 28004

Nutrition Facts	
5 servings per container	
Serving size	1 slice (256g)
Amount per serving	
Calories	650
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 60mg	20%
Sodium 1570mg	68%
Total Carbohydrate 70g	25%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 27g	
Vitamin D 1.3mcg	6%
Calcium 340mg	25%
Iron 4.4mg	25%
Potassium 480mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Purée), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose, Natamycin [A Mold Inhibitor]), Pepperoni (Pork, Beef, Salt, 2% Or Less Of: Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin Of Paprika, Natural Flavors, Granulated Garlic, Sodium Nitrite, BHA,, BHT, Citric Acid), Sliced Jalapeno Peppers (Jalapeno Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride, Natural Flavor). Contains: Milk, Wheat

Pizza

Hot Bake Veggie Pizza

PLU 9291

Nutrition Facts	
5 servings per container	
Serving size	1 slice (263g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1040mg	45%
Total Carbohydrate 69g	25%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 21g	
Vitamin D 0.9mcg	4%
Calcium 310mg	25%
Iron 4mg	20%
Potassium 450mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: Dough (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Canola Oil, Contains 2% Or Less Of Yeast, Sugar, Salt, Olive Oil), Sauce (Water, Tomato Paste, Sugar, Salt, Spices, Modified Cornstarch, Citric Acid, Garlic Puree), Shredded Low Moisture Mozzarella Cheese (Low Moisture Mozzarella Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Powdered Cellulose , Natamycin [Mold Inhibitor]), Red And Green Bell Peppers, Onion, Sliced Mushrooms (Mushrooms, Water, Salt, Citric Acid, Ascorbic Acid, Sodium Benzoate [Preservative], Potassium Sorbate [Preservative], Color Added), Sliced Black Olives (Black Olives, Water, Salt, Acetic Acid, Ferrous Gluconate [Color]). Contains Milk & Wheat.

Salads

Chicken Pasta Salad

Nutrition Facts	
about 3 servings per container	
Serving size	1 1/2 cups (140g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 630mg	27%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 1.8mg	10%
Potassium 410mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Mediterranean-style Salad: Dressing (Soy Oil, Basil, Canola Oil, Olive Oil, Garlic, White Balsamic Vinegar [Wine Vinegar, Grape Must], Salt, Sugar), Water, Enriched Macaroni Product (Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Kale, Crumbled Feta Cheese (Feta Cheese [Pasteurized Milk, Salt, Cheese Culture, Enzymes], Powdered Cellulose, Potato Starch, Natamycin [Mold Inhibitor]), Shredded Parmesan Cheese (Pasteurized Part-skim Milk, Salt, Cheese Culture, Enzymes, Potato Starch, Powdered Cellulose, Natamycin [Mold Inhibitor]), Sun Dried Tomatoes (Tomatoes, Sulfur Dioxide [Preservative]), Canola And Extra Virgin Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil). Grilled Chicken Fully Cooked Boneless Chicken Breast (Chicken Breast, Water, Salt, Isolated Soy Protein, Sodium Tripolyphosphate), Canola Oil, Spices, Granulated Garlic, Salt.
Contains Milk, Wheat And Soy.

Chicken Salad Bowl

Nutrition Facts	
2 servings per container	
Serving size	1/2 container (163g)
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 590mg	26%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 260mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken Salad (Fully Cooked Rotisserie Seasoned Shredded Chicken Breast Meat [Chicken Breast With Rib Meat, Water, Salt, Yeast Extract, Natural Flavors, Chicken Fat And Chicken Broth, Yellow Corn Flour, Spices, Paprika {Color}, Garlic, Sugar, Citric Acid, Onion, Paprika Oleoresin {Color}], Base [Mayonnaise {Soy Oil, Water, Cider Vinegar, Egg Yolks, Spice, Lemon Juice Concentrate}, Mustard {Distilled Vinegar, Water, Mustard Seed, Sea Salt}, Onion, Lemon Juice, Celery Salt {Salt, Celery}, Spices, Salt, Water, Sodium Benzoate {Preservative}, Potassium Sorbate {Preservative}], Celery), Mini Sweet Peppers, Crackers (Brown Rice Flour, Potato Starch, Sesame Seeds, Flax Seeds, Olive Oil, Quinoa, Amaranth Seeds, Chia Seeds, Sea Salt, Tamari Soy Sauce Powder [Tamari Soy Sauce {Soy, Salt}, Maltodextrin, Salt]), Green Leaf Lettuce. Contains Eggs, Soy And Sesame.

Café Drinks

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Big Red Fountain

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 390	
Total Fat	0g
Sodium	120mg
Total Carbohydrate	106g
Total Sugars	105g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Sodium Benzoate (Preservative), Caffeine, Natural And Artificial Flavors, Red 40, Caramel Color.

Brisk Raspberry Iced Tea

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 170	
Total Fat	0g
Sodium	120mg
Total Carbohydrate	45g
Total Sugars	45g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Black Tea Powder, Caramel Color, Citrus Pectin, Sodium Benzoate (Preserves Freshness), Potassium Sorbate (Preserves Freshness), Acesulfame Potassium, Sucralose, Red 40

Brisk Strawberry Melon

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 180	
Total Fat	0g
Sodium	140mg
Total Carbohydrate	46g
Total Sugars	45g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Natural And Artificial Flavor, Potassium Citrate, Phosphoric Acid, Green Tea, Sodium Polyphosphates (To Protect Flavor), Ascorbic Acid (To Protect Flavor), Gum Arabic, Potassium Sorbate (Preserves Freshness), Citrus Pectin, Acesulfame Potassium, Glycerol Ester Of Rosin, Sucralose, Red 40, Blue 1

Canada Dry Ginger Ale

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 340	
Total Fat	0g
Sodium	125mg
Total Carbohydrate	90g
Total Sugars	89g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Contains Less Than 2%: Ginger Extract, Natural Flavors, Citric Acid, Sodium Benzoate (Preservative), Caramel Color.

Dr. Pepper

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 360	
Total Fat	0g
Sodium	110mg
Total Carbohydrate	98g
Total Sugars	96g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), Natural And Artificial Flavors, Dimethylpolysiloxane.

Diet Dr. Pepper

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 0	
Total Fat	0g
Sodium	180mg
Total Carbohydrate	<1g
Total Sugars	0g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, Caramel Color, Phosphoric Acid, Aspartame, Sodium Citrate, Sodium Benzoate (Preservative), Caffeine, Acesulfame Potassium, Sucralose, Natural And Artificial Flavors, Dimethylpolysiloxane.

Lipton Iced Tea Sweetened

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 260	
Total Fat	0g
Sodium	125mg
Total Carbohydrate	68g
Total Sugars	68g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, Sugar, Natural Flavor, Black Tea, Malic Acid, Potassium Sorbate (Preserves Freshness), Sodium Benzoate (Preserves Freshness), Citrus Pectin, Calcium Disodium Edta (To Protect Flavor)

Lipton Iced Tea Unsweetened

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 0	
Total Fat	0g
Sodium	260mg
Total Carbohydrate	0g
Total Sugars	0g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, Orange Pekoe And Pekoe Cut Black Tea

Mtn Dew

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 420	
Total Fat	0g
Sodium	130mg
Total Carbohydrate	110g
Total Sugars	110g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, Sugar, Concentrated Orange Juice, Citric Acid, Natural Flavor, Sodium Benzoate (Preserves Freshness), Caffeine, Sodium Citrate, Gum Arabic, Erythorbic Acid (Preserves Freshness), Calcium Disodium Edta (To Protect Flavor), Yellow 5

Diet Mtn Dew

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 10	
Total Fat	0g
Sodium	140mg
Total Carbohydrate	1g
Total Sugars	<1g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, Concentrated Orange Juice, Citric Acid, Natural Flavor, Citrus Pectin, Aspartame, Potassium Benzoate (Preserves Freshness), Potassium Citrate, Caffeine, Potassium Sorbate (Preserves Freshness), Acesulfame Potassium, Sodium Citrate, Sodium Saccharin, Gum Arabic, Sodium Benzoate (Preserves Freshness), Salt, Calcium Disodium Edta (To Protect Flavor), Yellow 5

Mtn Dew Berry Monsoon

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 230	
Total Fat	0g
Sodium	140mg
Total Carbohydrate	61g
Total Sugars	61g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Sodium Benzoate (Preserves Freshness), Caffeine, Sodium Citrate, Acesulfame Potassium, Gum Arabic, Sucralose, Calcium Disodium Edta (To Protect Flavor), Blue 1, Sucrose Acetate Isobutyrate, Yellow 6

Mtn Dew Berry Monsoon Zero Sugar

Nutrition Facts

1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 10	
Total Fat	0g
Sodium	140mg
Total Carbohydrate	0g
Total Sugars	0g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, Citric Acid, Natural Flavor, Sodium Benzoate (Preserves Freshness), Aspartame, Caffeine, Sodium Citrate, Acesulfame Potassium, Sucralose, Gum Arabic, Calcium Disodium Edta (To Protect Flavor), Blue 1, Sucrose Acetate Isobutyrate, Yellow 6

Mtn Dew Code Red

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 430

Total Fat 0g

Sodium 125mg

Total Carbohydrate 115g

Total Sugars 115g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Concentrated Orange Juice, Citric Acid, Natural Flavor, Caffeine, Sodium Benzoate (Preserves Freshness), Gum Arabic, Sodium Citrate, Calcium Disodium Edta (To Protect Flavor), Red 40, Yellow 5, Blue 1

Mug Root Beer

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 360

Total Fat 0g

Sodium 140mg

Total Carbohydrate 96g

Total Sugars 95g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, Sugar, Caramel Color, Sodium Benzoate (Preserves Freshness), Natural And Artificial Flavor, Citric Acid, Phosphoric Acid, Calcium Disodium Edta (To Protect Flavor), Quillaia Extract

Pepsi

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 380

Total Fat 0g

Sodium 80mg

Total Carbohydrate 103g

Total Sugars 103g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor

Diet Pepsi

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 0

Total Fat 0g

Sodium 140mg

Total Carbohydrate 0g

Total Sugars 0g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Citrate, Sucralose, Potassium Benzoate (Preserves Freshness), Acesulfame Potassium, Caffeine, Natural Flavor, Citric Acid, Calcium Disodium Edta (To Protect Flavor)

Pepsi Wild Cherry

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 390

Total Fat 0g

Sodium 80mg

Total Carbohydrate 106g

Total Sugars 105g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Natural Flavor, Caffeine, Citric Acid

Pepsi Zero Sugar

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 0

Total Fat 0g

Sodium 160mg

Total Carbohydrate <1g

Total Sugars 0g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, Caramel Color, Phosphoric Acid, Sodium Citrate, Aspartame, Caffeine, Acesulfame Potassium, Natural Flavor, Potassium Sorbate (Preserves Freshness), Sucralose, Citric Acid, Sodium Benzoate (Preserves Freshness)

Sierra Mist

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 380

Total Fat 0g

Sodium 80mg

Total Carbohydrate 101g

Total Sugars 101g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavor, Potassium Citrate, Potassium Benzoate (Preserves Freshness), Calcium Disodium EDTA (To Protect Flavor)

Sobe Lifewater Yumberry Pomegranate - 0 Cal

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 5

Total Fat 0g

Sodium 120mg

Total Carbohydrate <1g

Total Sugars 0g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Water, Citric Acid, Calcium Lactate, Purple Carrot Juice Concentrate (Color), Xanthan Gum, Natural And Artificial Flavor, Potassium Sorbate (Preserves Freshness), Potassium Citrate, Sodium Benzoate (Preserves Freshness), Polysorbate 60, Sucralose, Acesulfame Potassium, Vitamin E Acetate, Niacinamide (Vitamin B3), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Yellow 6, Cyanocobalamin (Vitamin B12)

Sunkist Grape

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 420

Total Fat 0g

Sodium 120mg

Total Carbohydrate 114g

Total Sugars 112g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Sodium Benzoate (Preservative), Natural And Artificial Flavors, Red 40, Blue 1.

Sunkist Orange Fountain

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 410

Total Fat 0g

Sodium 110mg

Total Carbohydrate 110g

Total Sugars 108g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Modified Food Starch, Sodium Benzoate (Preservative), Ester Gum, Yellow 6, Caffeine, Red 40.

Sunkist Orange Soda

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 390

Total Fat 0g

Sodium 170mg

Total Carbohydrate 106g

Total Sugars 104g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Modified Food Starch, Sodium Benzoate (Preservative), Ester Gum, Yellow 6, Caffeine, Red 40.

Tropicana Fruit Punch

Nutrition Facts

1 Serving
Serving Size 30 oz

Amount Per Serving
Calories 420

Total Fat 0g

Sodium 85mg

Total Carbohydrate 113g

Total Sugars 112g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.

2,000 calories a day is used for general nutrition advice.

Ingredients: Water, High Fructose Corn Syrup, Pear Juice Concentrate, Citric Acid, Potassium Citrate, Natural Flavor, Phosphoric Acid, Gum Arabic, Potassium Benzoate (Preserves Freshness), Potassium Sorbate (Preserves Freshness), Red 40, Glycerol Ester Of Wood Rosin, Calcium Disodium Edta (To Protect Flavor), Blue 1

Tropicana Lemonade

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 380	
Total Fat	0g
Sodium	390mg
Total Carbohydrate	100g
Total Sugars	99g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Sodium Citrate, Clarified Lemon Juice Concentrate, Gum Arabic, Sodium Benzoate (Preserves Freshness), Glycerol Ester Of Rosin, Natural Flavor, Potassium Sorbate (Preserves Freshness), Calcium Disodium Edta (To Protect Flavor), Yellow 5

Tropicana Pink Lemonade

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 380	
Total Fat	0g
Sodium	390mg
Total Carbohydrate	100g
Total Sugars	99g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Water, High Fructose Corn Syrup, Citric Acid, Natural And Artificial Flavor, Potassium Citrate, Phosphoric Acid, Green Tea, Sodium Polyphosphates (To Protect Flavor), Ascorbic Acid (To Protect Flavor), Gum Arabic, Potassium Sorbate (Preserves Freshness), Citrus Pectin, Acesulfame Potassium, Glycerol Ester Of Rosin, Sucralose, Red 40, Blue 1

Vernors Ginger Soda

Nutrition Facts	
1 Serving	
Serving Size 30 oz	
Amount Per Serving	
Calories 360	
Total Fat	0g
Sodium	120mg
Total Carbohydrate	97g
Total Sugars	96g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Caramel Color, Sodium Benzoate (Preservative), Natural And Artificial Flavors.

FruitWorks Blue Raspberry Freeze

Nutrition Facts	
1 Serving	
Serving Size 20 oz	
Amount Per Serving	
Calories	150
Total Fat	0g
Sodium	40mg
Total Carbohydrate	38g
Total Sugars	38g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Artificial Flavor, Citric Acid, Sodium Benzoate (Preserves Freshness), Quillaia Extract, Yucca Mohave Extract, Blue 1

FruitWorks Cherry Freeze

Nutrition Facts	
1 Serving	
Serving Size 20 oz	
Amount Per Serving	
Calories	190
Total Fat	0g
Sodium	90mg
Total Carbohydrate	50g
Total Sugars	50g
Protein	0g
Not a significant source of saturated fat, trans fat, cholesterol, or dietary fiber.	
2,000 calories a day is used for general nutrition advice.	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural And Artificial Flavor, Sodium Citrate, Yucca Mohave Extract, Sodium Benzoate (Preserves Freshness), Potassium Sorbate (Preserves Freshness), Red 40, Calcium Disodium Edta (To Protect Flavor)

Pepsi Freeze

Nutrition Facts	
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	2%
Total Carbohydrate 38g	13%
Total Sugars 38g	
Includes 38g Added Sugars	77%
Protein 0g	
Not a significant source of other nutrients.	
*%DV = % Daily Value	

Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Natural Flavor, Phosphoric Acid, Quillaia Extract, Yucca Mohave Extract, Caffeine, Citric Acid