

SONIC® Drive-In Menu Nutrition Guide

NOTE: When printing this guide your printer's layout properties will need to be set to landscape orientation.

Burgers

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
SONIC® Burger (w/ Mayonnaise)	289	800	440	49	15	2	110	740	55	5	11	36	6%	10%	15%	30%
SONIC® Burger (w/ Mustard)	282	700	340	38	14	2	100	770	54	5	11	36	6%	10%	15%	30%
SONIC® Burger (w/ Ketchup)	289	710	340	38	14	2	100	840	57	5	14	36	8%	15%	15%	35%
SONIC® Cheeseburger (w/ Mayonnaise)	307	860	490	54	18	2	130	1070	55	5	12	39	10%	10%	25%	30%
SONIC® Cheeseburger (w/ Mustard)	300	770	390	43	17	2	120	1100	54	5	12	39	10%	10%	25%	30%
SONIC® Cheeseburger (w/ Ketchup)	307	770	390	43	17	2	120	1170	58	5	15	40	15%	15%	25%	35%
SONIC® Bacon Cheeseburger (w/ Mayonnaise)	320	930	540	60	20	2	140	1330	56	5	12	44	10%	10%	25%	35%
SuperSONIC® Cheeseburger (w/ Mayonnaise)	425	1270	790	87	34	3.5	245	1500	56	5	12	68	15%	10%	40%	45%
SuperSONIC® Cheeseburger (w/ Mustard)	418	1180	690	76	32	3.5	235	1530	55	5	12	68	15%	10%	40%	45%
SuperSONIC® Cheeseburger (w/ Ketchup)	425	1190	690	76	32	3.5	235	1600	58	5	15	68	20%	15%	40%	45%
Jr. Burger	117	310	130	15	5	0.5	35	610	30	3	7	15	4%	4%	10%	15%
Jr. Deluxe Burger	134	350	180	20	6	0.5	40	440	28	3	4	15	2%	4%	10%	15%
Jr. Bacon Cheeseburger	142	410	210	23	9	0.5	60	1070	30	3	8	20	8%	4%	20%	15%
California Cheeseburger	307	830	450	50	18	2	125	1100	56	5	13	39	15%	10%	25%	30%
SuperSONIC® Jalapeno Cheeseburger	395	1180	690	76	32	3.5	235	1660	54	5	11	67	15%	2%	40%	45%
Thousand Island Burger	289	760	390	44	15	2	110	830	56	5	13	36	10%	10%	15%	30%
Jalapeno Cheeseburger	256	760	390	43	17	2	120	960	52	5	11	39	8%	2%	25%	30%
Jalapeno Burger	259	700	340	38	14	2	100	900	53	5	10	36	4%	2%	15%	35%
Green Chili Cheeseburger	328	770	390	43	17	2	120	1100	55	5	12	39	10%	25%	25%	30%
Chili Cheeseburger	267	800	420	47	18	2	125	1020	55	5	11	42	10%	2%	25%	35%
Hickory Cheeseburger	277	780	390	43	17	2	120	1200	60	5	17	39	10%	8%	25%	35%
Jr. Double Cheeseburger	190	570	320	36	16	1.5	110	1330	31	3	8	31	15%	4%	30%	20%

Upgrades

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Cheese	18	70	50	6	3	0	20	330	1	0	0	4	6%	0%	10%	0%
Bacon	13	70	50	5	2	0	15	260	0	0	0	4	0%	0%	0%	2%
Chili	33	50	35	3.5	1.5	0	10	160	2	1	1	3	6%	2%	2%	2%
Jalapeno	21	5	0	0	0	0	0	280	1	1	0	0	2%	0%	2%	2%
Green Chiles	28	5	0	0	0	0	0	5	1	0	0	0	0%	15%	0%	0%
Slaw	28	45	30	3	0.5	0	5	45	4	1	1	0	4%	80%	2%	0%
Grilled Onions	28	25	15	2	0	0	0	200	2	1	1	0	0%	0%	0%	2%

Kids' Meal

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Jr. Burger	117	310	130	15	5	0.5	35	610	30	3	7	15	4%	4%	10%	15%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%
Grilled Cheese	110	380	180	20	7	0	35	1050	37	2	6	13	10%	0%	25%	4%
Chicken Strips (2)	70	200	100	11	2	0	30	470	10	1	0	14	0%	2%	0%	4%
Fresh Banana	120	110	5	0	0	0	0	0	27	3	15	1	2%	15%	0%	2%
Apple Slices	68	35	0	0	0	0	0	0	9	2	7	0	0%	80%	0%	0%
Apple Slices w/ Fat-Free Caramel Dipping Sauce	96	110	0	0	0	0	0	60	28	2	15	0	0%	80%	4%	0%
Milk (1%)	244	110	20	2.5	1.5	0	10	130	13	0	12	8	10%	0%	30%	0%
Milk Chocolate (1%)	244	160	20	2.5	1.5	0	10	210	27	0	25	8	10%	0%	30%	2%
Minute Maid® Apple Juice Box	191	100	0	0	0	0	0	15	23	0	21	0	0%	100%	10%	0%

TOASTER® Sandwiches

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Chicken Club TOASTER® Sandwich	257	740	410	46	11	0	80	1760	54	4	7	30	15%	6%	20%	10%
Bacon Cheeseburger TOASTER® Sandwich	284	820	460	51	19	2	130	1500	51	3	12	39	15%	10%	20%	20%
BLT TOASTER® Sandwich	141	490	280	31	7	0	40	960	39	2	6	14	8%	6%	8%	6%
Country Fried Steak TOASTER® Sandwich	243	670	340	37	10	0	50	1370	71	4	6	14	8%	6%	10%	15%

Salads

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Grilled Chicken Salad	338	250	90	10	6	0	100	1070	12	3	6	29	80%	30%	20%	6%
Crispy Chicken Salad	326	340	170	19	5	0	50	970	24	5	6	20	70%	30%	15%	10%

Marzetti™ Dressings

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Buttermilk Ranch Dressing	43	210	200	22	3.5	0	10	370	2	0	1	1	0%	0%	0%	0%
Light Ranch Dressing	43	70	40	4	0.5	0	0	310	8	0	3	1	0%	0%	0%	0%
Dijon Honey Mustard	43	180	140	16	2.5	0	15	260	8	0	7	0	0%	0%	0%	0%
Fat Free Italian	43	25	0	0	0	0	0	390	5	0	3	0	0%	0%	0%	0%
Thousand Island	43	220	190	21	3.5	0	25	350	7	0	7	0	0%	0%	0%	0%

Wraps

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Grilled Chicken Wrap	250	390	130	14	3.5	0	80	1420	39	2	5	28	6%	8%	20%	15%
Crispy Chicken Wrap	234	490	210	23	5	0	40	1280	49	3	5	21	6%	10%	15%	15%
FRITOS® Chili Cheese Wrap	241	700	350	39	13	0.5	25	1600	65	4	4	21	20%	4%	35%	20%

Chicken

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Chicken Strip Dinner (4)	399	970	400	45	8	1	65	1970	106	8	7	37	2%	8%	10%	20%
Grilled Chicken Bacon Ranch	253	470	200	22	7	0	105	1630	34	3	10	36	10%	8%	20%	10%
Crispy Chicken Bacon Ranch	255	610	310	35	9	0	75	1750	47	4	10	30	10%	8%	20%	15%
Grilled Chicken Sandwich	222	400	170	19	2.5	0	80	960	32	3	8	28	6%	6%	10%	15%
Crispy Chicken Sandwich	224	550	290	32	4.5	0	45	1070	46	4	8	22	6%	6%	10%	15%
Jumbo Popcorn Chicken® - Small (4oz)	113	380	190	22	4	0	45	1250	27	3	1	18	0%	0%	2%	10%
Jumbo Popcorn Chicken® - Large (6oz)	170	560	290	32	6	0.5	65	1890	41	5	2	27	0%	0%	4%	15%
Ranch Sauce	28	150	140	16	2.5	0	10	230	1	0	1	0	0%	0%	0%	0%
Honey Mustard Sauce	28	90	70	7	1	0	10	190	7	0	5	0	0%	0%	0%	0%
BBQ Sauce	28	45	0	0	0	0	0	390	11	0	7	0	2%	0%	0%	2%

Coneys

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Footlong 1/4 Pound Coney	299	830	480	53	22	0.5	90	1980	55	4	9	32	15%	2%	20%	20%
Corn Dog	74	210	100	11	3.5	0	20	530	23	2	4	6	0%	0%	4%	6%

6" Premium Beef Hot Dogs

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
6" Premium Beef - Chicago Dog	244	430	180	20	7	0	40	2310	49	1	17	14	4%	6%	10%	35%
6" Premium Beef - New York Dog	164	350	170	19	7	0	40	1290	33	3	4	14	2%	10%	6%	30%
6" Premium Beef - Chili Cheese Coney	162	420	230	25	11	0	65	1180	33	2	4	19	10%	2%	15%	35%
6" Premium Beef - All-American Dog	151	390	160	18	7	0	40	1230	43	2	15	13	2%	2%	4%	30%

Snacks & Sides

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Onion Rings - Medium	156	440	190	21	3.5	0	0	430	55	3	14	6	0%	0%	2%	6%
Onion Rings - Large	227	640	280	31	5	0.5	0	630	80	4	20	9	0%	0%	4%	8%
Tots - Small	44	130	70	8	1.5	0	0	270	13	1	0	1	0%	0%	2%	2%
Tots - Medium	70	200	120	13	2.5	0	0	440	20	2	0	2	0%	0%	2%	2%
Tots - Large	115	330	190	21	4	0	0	720	33	4	0	2	0%	0%	2%	2%
Tots w/cheese - Small	62	190	120	14	4.5	0	20	600	13	1	1	4	6%	0%	10%	2%
Tots w/cheese - Medium	97	300	190	21	7	0	25	940	21	2	1	7	8%	0%	15%	2%
Tots w/cheese - Large	177	540	330	37	11	0	35	1550	42	4	1	10	10%	0%	25%	4%
Tots w/chili & cheese - Small	91	230	150	16	6	0	10	660	15	2	1	6	10%	2%	10%	4%
Tots w/chili & cheese - Medium	158	390	240	27	9	0.5	20	1100	25	3	2	11	15%	2%	15%	8%
Tots w/chili & cheese - Large	270	680	410	46	15	1	25	1820	49	6	3	17	25%	4%	25%	10%
French Fries - Small	71	200	70	8	1.5	0	0	270	30	2	0	2	0%	2%	2%	2%
French Fries - Medium	113	330	120	13	2.5	0	0	440	48	4	0	4	0%	4%	2%	4%
French Fries - Large	156	450	160	18	3.5	0	0	600	67	5	0	5	0%	6%	2%	6%
French Fries w/cheese - Small	110	330	150	16	5	0	20	680	40	3	0	6	6%	4%	10%	4%
French Fries w/cheese - Medium	155	460	210	23	7	0	30	990	55	4	1	9	8%	6%	15%	6%
French Fries w/cheese - Large	249	740	320	36	11	0	35	1480	92	7	1	14	10%	8%	25%	8%
French Fries w/chili & cheese - Small	135	360	160	18	6	0	10	720	42	3	1	8	8%	4%	10%	6%
French Fries w/chili & cheese - Medium	206	540	250	28	9	0.5	15	1100	59	5	1	13	15%	8%	15%	10%
French Fries w/chili & cheese - Large	326	850	380	43	14	1	25	1680	98	8	2	19	20%	10%	25%	15%
Pickle-O's®	113	310	150	16	3	0	0	1020	36	2	2	5	0%	0%	8%	6%
Mozzarella Sticks	140	440	200	22	9	0.5	45	1050	40	2	1	19	10%	0%	45%	6%
Ched 'R' Bites® (12)	84	280	140	15	6	0	30	740	22	1	0	13	8%	0%	35%	4%
Ched 'R' Peppers® (4)	120	330	150	17	6	1	25	1110	36	2	2	8	8%	0%	15%	4%
FRITOS® Chili Pie - Medium	145	510	310	34	10	0.5	15	1000	36	3	2	14	15%	2%	20%	6%
FRITOS® Chili Pie - Large	275	970	580	64	18	1	35	1780	71	6	3	25	30%	4%	35%	10%
Fish Sandwich	246	650	280	31	5	0	40	1160	71	7	12	22	2%	2%	15%	25%
Apple Slices	68	35	0	0	0	0	0	0	9	2	7	0	0%	80%	0%	0%
Apple Slices w/ Fat-Free Caramel Dipping Sauce	96	110	0	0	0	0	0	60	28	2	15	0	0%	80%	4%	0%

SONIC Blast®

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Oreo® SONIC Blast® - Regular (14 oz)	349	680	330	37	25	0	130	460	78	1	70	11	25%	0%	35%	4%
Oreo® SONIC Blast® - Large (20 oz)	511	1020	490	54	36	0	190	690	118	1	104	15	40%	0%	50%	8%
M&M's® SONIC Blast® - Regular (14 oz)	360	750	360	40	28	0	130	380	86	1	81	11	25%	0%	35%	2%
M&M's® SONIC Blast® - Large (20 oz)	531	1130	540	60	41	0	190	570	132	1	124	17	40%	0%	50%	4%
Reese's Peanut Butter Cups® SONIC Blast® - Regular (14 oz)	358	710	320	35	25	0	135	430	88	1	77	13	25%	0%	35%	2%
Reese's Peanut Butter Cups® SONIC Blast® - Large (20 oz)	527	1070	460	52	36	0	195	640	134	1	116	19	40%	0%	50%	2%
Butterfinger® SONIC Blast® - Regular (14 oz)	359	730	350	38	26	0	130	410	87	0	75	11	25%	0%	35%	2%
Butterfinger® SONIC Blast® - Large (20 oz)	529	1100	510	57	38	0	190	610	132	0	113	17	40%	0%	50%	2%
Snickers® SONIC Blast® - Regular (14 oz)	346	680	330	37	25	0	135	400	76	0	71	11	25%	0%	35%	0%
Snickers® SONIC Blast® - Large (20 oz)	513	1030	510	56	37	0	195	610	117	1	109	17	40%	0%	50%	2%

Shakes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Shake - Regular (14 oz)	315	460	230	26	18	0	100	280	51	0	49	8	20%	0%	25%	0%
Vanilla Shake - Large (20 oz)	430	610	310	34	24	0	135	380	68	0	65	10	25%	0%	35%	0%
Chocolate Shake - Regular (14 oz)	353	570	230	26	18	0	100	320	77	0	49	8	20%	0%	25%	4%
Chocolate Shake - Large (20 oz)	506	830	310	34	24	0	135	460	119	0	65	10	25%	0%	35%	8%
Strawberry Shake - Regular (14 oz)	350	500	230	26	18	0	100	290	61	1	57	8	20%	20%	25%	0%
Strawberry Shake - Large (20 oz)	500	690	310	34	24	0	135	390	87	2	82	11	25%	40%	35%	2%
Banana Shake - Regular (14 oz)	356	500	230	26	18	0	100	280	60	1	54	8	20%	6%	25%	0%
Banana Shake - Large (20 oz)	506	680	310	34	24	0	135	380	86	2	74	11	30%	10%	35%	2%
Pineapple Shake - Regular (14 oz)	350	510	230	26	18	0	100	290	62	0	59	8	20%	25%	25%	0%
Pineapple Shake - Large (20 oz)	500	700	310	34	24	0	135	390	90	0	85	10	25%	50%	35%	0%

Caramel Shake - Regular (14 oz)	353	580	240	27	19	0	105	400	76	0	65	8	20%	0%	25%	0%
Caramel Shake - Large (20 oz)	506	850	330	37	26	0	145	620	118	0	97	10	25%	0%	35%	0%
Peanut Butter Shake-Regular (14 oz)	346	660	390	44	21	0	100	400	60	0	54	12	20%	0%	25%	0%
Peanut Butter Shake-Large-20 oz)	492	1010	630	70	30	0	135	610	86	0	75	18	25%	0%	35%	0%
Peanut Butter Fudge Shake-Reg (14 oz)	350	630	340	38	22	0	100	370	65	1	58	10	20%	0%	25%	2%
Peanut Butter Fudge Shake-Large (20 oz)	497	940	510	57	31	0	135	550	96	1	83	14	25%	0%	35%	2%
Hot Fudge Shake-Regular (14 oz)	351	590	280	31	22	0	100	340	70	1	62	8	20%	0%	25%	2%
Hot Fudge Shake-Large (20 oz)	502	870	400	44	33	0	135	490	106	2	91	10	25%	0%	35%	4%

Malts

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Malt - Regular (14 oz)	318	480	240	26	18	0	105	290	53	0	50	8	20%	0%	25%	0%
Vanilla Malt - Large (20 oz)	436	640	320	36	25	0	140	400	72	0	68	11	30%	0%	35%	2%
Chocolate Malt - Regular (14 oz)	356	580	240	26	18	0	105	330	78	0	50	8	20%	0%	25%	4%
Chocolate Malt- Large (20 oz)	509	830	310	35	24	0	135	470	121	0	66	11	25%	0%	35%	8%
Strawberry Malt - Regular (14 oz)	353	510	240	26	18	0	105	300	63	1	59	8	20%	20%	25%	2%
Strawberry Malt - Large (20 oz)	506	720	320	36	25	0	140	410	91	2	86	11	30%	40%	35%	2%
Banana Malt- Regular (14 oz)	359	510	240	26	18	0	105	290	62	1	55	8	20%	6%	25%	2%
Banana Malt - Large (20 oz)	512	710	320	36	25	0	140	400	89	2	77	12	30%	10%	35%	2%
Pineapple Malt - Regular (14 oz)	353	520	240	26	18	0	105	300	64	0	60	8	20%	25%	25%	0%
Pineapple Malt - Large (20 oz)	506	730	320	36	25	0	140	410	94	0	88	11	30%	50%	35%	2%
Caramel Malt - Regular (14 oz)	356	600	250	28	19	0	110	410	78	0	66	8	20%	0%	25%	0%
Caramel Malt - Large (20 oz)	512	880	350	39	27	0	150	640	122	0	100	11	30%	0%	35%	2%
Hot Fudge Malt - Regular (14 oz)	354	610	280	31	23	0	105	350	72	1	63	8	20%	0%	25%	2%
Hot Fudge Malt - Large (20 oz)	508	900	410	46	34	0	140	510	110	2	94	11	30%	0%	35%	6%
Peanut Butter Malt - Regular (14 oz)	351	690	410	45	22	0	105	420	63	0	56	12	20%	0%	25%	0%
Peanut Butter Malt - Large (20 oz)	498	1040	640	72	31	0	140	630	90	0	78	19	30%	0%	35%	2%
Peanut Butter Fudge Malt - Regular (14 oz)	353	650	350	38	22	0	105	380	67	1	59	10	20%	0%	25%	2%
Peanut Butter Fudge Malt - Large (20 oz)	503	970	530	59	32	0	140	570	100	1	86	15	30%	0%	35%	4%

CreamSlush® Treat

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Strawberry CreamSlush® Treat - Regular (14 oz)	344	370	130	14	10	0	55	180	58	1	56	4	10%	20%	15%	0%
Strawberry CreamSlush® Treat - Large (20 oz)	499	580	200	23	16	0	90	280	89	2	85	7	20%	40%	25%	2%
Orange CreamSlush® Treat - Regular (14 oz)	318	350	130	14	10	0	55	170	54	0	51	4	10%	0%	15%	0%
Orange CreamSlush® Treat - Large (20 oz)	448	540	200	23	16	0	90	270	80	0	76	7	20%	0%	25%	0%
Cherry CreamSlush® Treat - Regular (14 oz)	318	350	130	14	10	0	55	170	54	0	53	4	10%	0%	15%	0%
Cherry CreamSlush® Treat - Large (20 oz)	448	550	200	23	16	0	90	270	81	0	79	7	20%	0%	25%	0%
Grape CreamSlush® Treat - Regular (14 oz)	318	350	130	14	10	0	55	170	53	0	52	4	10%	0%	15%	0%
Grape CreamSlush® Treat - Large (20 oz)	448	540	200	23	16	0	90	280	79	0	77	7	20%	0%	25%	0%
Watermelon CreamSlush® Treat - Regular (14 oz)	318	350	130	14	10	0	55	170	54	0	51	4	10%	0%	15%	0%
Watermelon CreamSlush® Treat - Large (20 oz)	448	550	200	23	16	0	90	270	81	0	76	7	20%	0%	25%	0%
Blue Coconut CreamSlush® Treat - Regular (14 oz)	318	350	130	14	10	0	55	170	53	0	51	4	10%	0%	15%	0%
Blue Coconut CreamSlush® Treat - Large (20 oz)	447	540	200	23	16	0	90	270	79	0	75	7	20%	0%	25%	2%
Lemon CreamSlush® Treat - Regular (14 oz)	327	350	130	14	10	0	55	170	54	0	51	4	10%	8%	15%	0%
Lemon CreamSlush® Treat - Large (20 oz)	465	540	200	23	16	0	90	270	81	0	74	7	20%	15%	25%	2%
Lemon-Berry CreamSlush® Treat - Regular (14 oz)	353	370	130	14	10	0	55	180	59	1	56	4	10%	25%	15%	0%
Lemon-Berry CreamSlush® Treat - Large (20 oz)	517	580	200	23	16	0	90	280	91	2	86	7	20%	50%	25%	2%
Lime CreamSlush® Treat - Regular (14 oz)	325	350	130	14	10	0	55	170	54	0	50	4	10%	4%	15%	0%
Lime CreamSlush® Treat - Large (20 oz)	461	540	210	23	16	0	90	270	81	0	74	7	20%	8%	25%	2%

Cream Pie Shakes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Banana Cream Pie Shake - Regular (14 oz)	408	640	260	29	20	0	100	330	87	1	77	9	25%	6%	25%	0%
Banana Cream Pie Shake - Large (20 oz)	600	910	340	38	26	0	135	430	134	2	119	12	30%	10%	35%	2%
Coconut Cream Pie Shake - Regular (14 oz)	367	600	260	29	20	0	100	330	78	0	72	8	25%	0%	25%	0%
Coconut Cream Pie Shake - Large (20 oz)	549	890	360	40	28	0	145	460	122	0	115	12	30%	0%	35%	0%
Chocolate Cream Pie Shake - Regular (14 oz)	405	710	260	29	20	0	100	370	103	0	72	8	25%	0%	25%	4%
Chocolate Cream Pie Shake - Large (20 oz)	600	1060	340	38	26	0	135	510	168	0	110	11	30%	0%	35%	8%
Strawberry Cream Pie Shake - Regular (14 oz)	402	640	260	29	20	0	100	340	88	1	81	8	25%	20%	25%	0%
Strawberry Cream Pie Shake - Large (20 oz)	594	920	340	38	26	0	135	450	136	2	127	11	30%	40%	35%	2%

Floats/Blended Floats

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coca-Cola® Float/Blended Float - Regular (14 oz)	327	330	130	14	10	0	55	160	49	0	47	4	10%	0%	15%	0%
Coca-Cola® Float/Blended Float - Large (20 oz)	474	510	200	23	16	0	90	260	72	0	70	7	20%	0%	25%	0%
Diet Coke® Float/Blended Float - Regular (14 oz)	320	260	130	14	10	0	55	160	29	0	27	4	10%	0%	15%	0%
Diet Coke® Float/Blended Float - Large (20 oz)	464	410	200	23	16	0	90	260	46	0	43	7	20%	0%	25%	0%
Coke Zero® Float/Blended Float - Regular (14 oz)	327	260	130	14	10	0	55	180	29	0	27	4	10%	0%	15%	0%
Coke Zero® Float/Blended Float - Large (20 oz)	474	410	200	23	16	0	90	280	46	0	43	7	20%	0%	25%	0%
Dr Pepper® Float/Blended Float - Regular (14 oz)	327	320	130	14	10	0	55	180	48	0	46	4	10%	0%	15%	0%
Dr Pepper® Float/Blended Float - Large (20 oz)	474	500	200	23	16	0	90	280	71	0	69	7	20%	0%	25%	0%
Diet Dr Pepper® Float/Blended Float - Regular (14 oz)	320	260	130	14	10	0	55	190	28	0	27	4	10%	0%	15%	0%
Diet Dr Pepper® Float/Blended Float - Large (20 oz)	464	410	200	23	16	0	90	300	45	0	43	7	20%	0%	25%	0%
Barq's® Root Beer Float/Blended Float - Regular (14 oz)	328	340	130	14	10	0	55	170	51	0	50	4	10%	0%	15%	0%
Barq's® Root Beer Float/Blended Float - Large (20 oz)	475	520	200	23	16	0	90	270	75	0	73	7	20%	0%	25%	0%
Sprite® Float/Blended Float - Regular (14 oz)	327	330	130	14	10	0	55	170	48	0	47	4	10%	0%	15%	0%
Sprite® Float/Blended Float - Large (20 oz)	474	510	200	23	16	0	90	270	72	0	69	7	20%	0%	25%	0%
Sprite Zero™ Float/Blended Float - Regular (14 oz)	327	260	130	14	10	0	55	160	28	0	27	4	10%	0%	15%	0%
Sprite Zero™ Float/Blended Float - Large (20 oz)	474	410	200	23	16	0	90	260	45	0	43	7	20%	0%	25%	0%
Fanta® Orange Float/Blended Float - Regular (14 oz)	327	340	130	14	10	0	55	160	51	0	49	4	10%	0%	15%	0%
Fanta® Orange Float/Blended Float - Large (20 oz)	474	520	200	23	16	0	90	250	75	0	73	7	20%	0%	25%	0%

SONIC Chillers™

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Java Chiller, Caramel (14 oz)	305	520	220	25	18	0	95	350	66	0	57	7	20%	0%	25%	0%
Java Chiller, Caramel (20 oz)	441	710	300	33	23	0	125	500	94	0	78	9	25%	0%	30%	0%
Java Chiller, Hazelnut (14 oz)	305	490	210	24	17	0	90	260	64	0	60	7	20%	0%	25%	0%
Java Chiller, Hazelnut (20 oz)	441	670	280	31	22	0	120	350	90	0	84	9	25%	0%	30%	0%
Java Chiller, Chocolate (14 oz)	305	510	210	24	17	0	90	290	66	0	44	7	20%	0%	25%	2%
Java Chiller, Chocolate (20 oz)	440	690	280	31	22	0	120	390	93	0	58	9	25%	0%	30%	4%
Java Chiller, Chocolate/Caramel (14 oz)	305	510	220	24	17	0	95	320	66	0	50	7	20%	0%	25%	2%
Java Chiller, Chocolate/Caramel (20 oz)	440	700	290	32	22	0	125	440	94	0	68	9	25%	0%	30%	2%
Java Chiller, Caramel/Hazelnut (14 oz)	305	500	220	24	17	0	95	310	65	0	58	7	20%	0%	25%	0%
Java Chiller, Caramel/Hazelnut (20 oz)	440	690	290	32	22	0	125	430	92	0	81	9	25%	0%	30%	0%
Java Chiller, Chocolate/Hazelnut (14 oz)	305	500	210	24	17	0	90	280	65	0	52	7	20%	0%	25%	2%
Java Chiller, Chocolate/Hazelnut (20 oz)	440	680	280	31	22	0	120	370	91	0	71	9	25%	0%	30%	2%
Limeade Chiller, Medium (14oz)	437	620	240	27	19	0	100	300	92	0	89	8	20%	10%	25%	0%
Limeade Chiller, Large (20oz)	607	850	320	35	25	0	135	400	129	0	124	10	25%	15%	35%	0%
Cherry Limeade Chiller, Medium (14oz)	451	650	240	27	19	0	100	300	100	0	96	8	20%	10%	25%	0%
Cherry Limeade Chiller, Large (20oz)	631	900	320	35	25	0	135	400	143	0	137	10	25%	15%	35%	0%
Strawberry Limeade Chiller, Medium (14oz)	494	680	240	27	19	0	100	310	108	1	103	8	20%	40%	25%	0%
Strawberry Limeade Chiller, Large (20oz)	692	940	320	35	25	0	135	410	152	2	145	11	25%	60%	35%	2%

Desserts

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Banana Split	309	490	160	18	13	0	70	210	76	2	53	6	15%	35%	20%	4%
Banana Fudge Sundae	283	540	230	26	19	0	80	280	71	2	58	6	15%	6%	20%	2%
Junior Banana Split	134	200	60	6	4.5	0	25	80	35	1	22	2	6%	20%	6%	2%

Single Topping Sundaes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Hot Fudge	247	520	240	27	20	0	80	280	63	1	54	6	15%	0%	20%	2%
Strawberry	240	410	180	20	14	0	80	230	52	1	48	6	15%	20%	20%	0%
Chocolate	249	500	200	22	16	0	80	260	69	0	41	6	15%	0%	20%	4%
Pineapple	246	440	200	22	16	0	80	230	55	0	51	6	15%	25%	20%	0%
Caramel	249	510	210	23	17	0	85	340	69	0	57	6	15%	0%	20%	0%
Jr. Reese's Peanut Butter Cups® Sundae	90	200	80	8	6	0	30	115	27	0	22	4	6%	0%	8%	0%
Jr. M&Ms® Sundae	91	210	100	11	7	0	30	90	26	0	24	3	6%	0%	10%	2%
Jr. Butterfinger® Sundae	91	210	90	10	6	0	30	105	26	0	21	3	6%	0%	8%	0%
Jr. Oreo® Sundae	86	180	80	9	6	0	30	130	22	0	18	2	6%	0%	8%	2%
Jr. Snickers® Sundae	91	210	100	11	7	0	30	115	25	0	22	3	6%	0%	8%	0%
Nuts - add on for Sundae	3.5	20	15	1.5	0	0	0	0	1	0	0	1	0%	0%	0%	0%

Cones & Dishes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Vanilla Cone	133	250	120	13	9	0	50	150	31	0	24	4	10%	0%	15%	0%
Vanilla Dish - Regular	131	240	120	13	9	0	55	140	26	0	25	4	10%	0%	15%	0%

Real Fruit Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Lemon Real Fruit Slush - Wacky Pack® (12 oz)	344	170	0	0	0	0	0	25	45	0	43	0	0%	8%	0%	0%
Lemon Real Fruit Slush - Small (14 oz)	399	190	0	0	0	0	0	30	52	0	50	0	0%	8%	0%	0%
Lemon Real Fruit Slush - Medium (20 oz)	577	290	0	0	0	0	0	45	77	0	72	0	0%	15%	0%	2%
Lemon Real Fruit Slush - Large (32 oz)	921	450	0	0	0	0	0	70	122	0	115	0	0%	20%	0%	2%
Lemon Real Fruit Slush - Route 44® (44 oz)	1265	620	0	0	0	0	0	95	167	1	158	0	0%	30%	0%	2%
Lemon-Berry Real Fruit Slush - Wacky Pack® (12 oz)	345	160	0	0	0	0	0	25	44	0	43	0	0%	15%	0%	0%
Lemon-Berry Real Fruit Slush - Small (14 oz)	401	190	0	0	0	0	0	30	51	0	50	0	0%	15%	0%	0%
Lemon-Berry Real Fruit Slush - Medium (20 oz)	580	280	0	0	0	0	0	45	75	1	73	1	0%	35%	0%	0%
Lemon-Berry Real Fruit Slush - Large (32 oz)	925	440	0	0	0	0	0	75	119	1	116	0	0%	50%	0%	0%
Lemon-Berry Real Fruit Slush - Route 44® (44 oz)	1271	610	0	0	0	0	0	100	163	2	160	1	0%	70%	2%	2%
Lime Real Fruit Slush - Wacky Pack® (12 oz)	342	170	0	0	0	0	0	25	45	0	43	0	0%	4%	0%	0%
Lime Real Fruit Slush - Small (14 oz)	397	190	0	0	0	0	0	30	52	0	50	0	0%	4%	0%	0%
Lime Real Fruit Slush - Medium (20 oz)	573	290	0	0	0	0	0	45	76	0	72	0	0%	8%	0%	2%
Lime Real Fruit Slush - Large (32 oz)	915	450	0	0	0	0	0	70	121	0	115	0	0%	10%	0%	2%
Lime Real Fruit Slush - Route 44® (44 oz)	1257	620	0	0	0	0	0	95	166	1	158	0	0%	15%	0%	2%
Strawberry Real Fruit Slush - Wacky Pack® (12 oz)	336	160	0	0	0	0	0	25	43	0	43	0	0%	10%	0%	0%
Strawberry Real Fruit Slush - Small (14 oz)	392	190	0	0	0	0	0	30	50	0	50	0	0%	10%	0%	0%
Strawberry Real Fruit Slush - Medium (20 oz)	562	280	0	0	0	0	0	45	73	1	73	0	0%	20%	0%	0%
Strawberry Real Fruit Slush - Large (32 oz)	898	440	0	0	0	0	0	75	117	1	116	0	0%	30%	0%	0%
Strawberry Real Fruit Slush - Route 44® (44 oz)	1235	600	0	0	0	0	0	100	160	2	159	0	0%	40%	2%	2%

Famous Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Cherry Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	45	0	45	0	0%	0%	0%	0%
Cherry Slush - Small (14 oz)	391	190	0	0	0	0	0	30	52	0	52	0	0%	0%	0%	0%
Cherry Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	77	0	77	0	0%	0%	0%	0%
Cherry Slush - Large (32 oz)	895	460	0	0	0	0	0	70	122	0	122	0	0%	0%	0%	0%
Cherry Slush - Route 44® (44 oz)	1231	630	0	0	0	0	0	100	168	0	167	0	0%	0%	0%	0%
Grape Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	30	44	0	44	0	0%	0%	0%	0%
Grape Slush - Small (14 oz)	391	190	0	0	0	0	0	35	51	0	51	0	0%	0%	0%	0%
Grape Slush - Medium (20 oz)	560	280	0	0	0	0	0	50	75	0	75	0	0%	0%	0%	0%
Grape Slush - Large (32 oz)	895	450	0	0	0	0	0	80	119	0	119	0	0%	0%	0%	0%
Grape Slush - Route 44® (44 oz)	1230	610	0	0	0	0	0	110	163	0	163	0	0%	2%	0%	0%
Orange Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	45	0	44	0	0%	0%	0%	0%

Orange Slush - Small (14 oz)	390	190	0	0	0	0	0	30	51	0	50	0	0%	0%	0%	0%
Orange Slush - Medium (20 oz)	559	290	0	0	0	0	0	45	76	0	74	0	0%	0%	0%	0%
Orange Slush - Large (32 oz)	894	450	0	0	0	0	0	75	120	0	118	0	0%	0%	0%	0%
Orange Slush - Route 44® (44 oz)	1229	620	0	0	0	0	0	100	165	0	162	0	0%	0%	0%	0%
Blue Coconut Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	44	0	43	0	0%	0%	0%	0%
Blue Coconut Slush - Small (14 oz)	390	190	0	0	0	0	0	30	51	0	50	0	0%	0%	0%	0%
Blue Coconut Slush - Medium (20 oz)	559	280	0	0	0	0	0	45	75	0	73	0	0%	0%	0%	2%
Blue Coconut Slush - Large (32 oz)	894	450	0	0	0	0	0	70	119	0	116	0	0%	0%	0%	2%
Blue Coconut Slush - Route 44® (44 oz)	1229	610	0	0	0	0	0	95	163	0	160	0	0%	0%	0%	2%
Watermelon Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	45	0	44	0	0%	0%	0%	0%
Watermelon Slush - Small (14 oz)	391	190	0	0	0	0	0	30	52	0	50	0	0%	0%	0%	0%
Watermelon Slush - Medium (20 oz)	560	290	0	0	0	0	0	45	77	0	74	0	0%	0%	0%	0%
Watermelon Slush - Large (32 oz)	895	460	0	0	0	0	0	75	122	0	118	0	0%	0%	0%	0%
Watermelon Slush - Route 44® (44 oz)	1231	630	0	0	0	0	0	100	168	0	162	0	0%	0%	0%	0%
Green Apple Slush - Wacky Pack® (12 oz)	336	180	0	0	0	0	0	25	47	0	45	0	0%	0%	0%	0%
Green Apple Slush - Small (14 oz)	391	200	0	0	0	0	0	30	54	0	52	0	0%	0%	0%	0%
Green Apple Slush - Medium (20 oz)	561	300	0	0	0	0	0	45	80	0	77	0	0%	0%	0%	0%
Green Apple Slush - Large (32 oz)	897	480	0	0	0	0	0	75	127	0	122	0	0%	0%	0%	0%
Green Apple Slush - Route 44® (44 oz)	1233	660	0	0	0	0	0	100	174	0	167	0	0%	0%	0%	0%
Bubble Gum Slush-Wacky Pack® (12 oz)	335	170	0	0	0	0	0	30	44	0	44	0	0%	0%	0%	0%
Bubble Gum Slush-Small (14 oz)	391	190	0	0	0	0	0	35	51	0	51	0	0%	0%	0%	0%
Bubble Gum Slush-Medium (20 oz)	560	280	0	0	0	0	0	55	75	0	74	0	0%	0%	0%	0%
Bubble Gum Slush-Large (32 oz)	895	450	0	0	0	0	0	85	119	1	118	0	0%	0%	0%	0%
Bubble Gum Slush-Route 44® (44 oz)	1230	610	0	0	0	0	0	115	164	1	162	0	0%	0%	0%	0%
Minute Maid® Cranberry** Juice Slush - Wacky Pack® (12 oz)	335	170	0	0	0	0	0	25	45	0	45	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice Slush - Small (14 oz)	391	190	0	0	0	0	0	30	51	0	51	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice Slush - Medium (20 oz)	560	280	0	0	0	0	0	45	76	0	76	0	0%	35%	0%	0%
Minute Maid® Cranberry** Juice Slush - Large (32 oz)	895	450	0	0	0	0	0	70	121	0	120	0	0%	50%	0%	0%
Minute Maid® Cranberry** Juice Slush - Route 44® (44 oz)	1231	620	0	0	0	0	0	95	165	0	165	0	0%	70%	0%	0%

Breakfast Items

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
CroisSONIC® Breakfast Sandwich - Bacon	150	510	330	36	14	0	320	1410	28	0	5	19	25%	0%	15%	15%
CroisSONIC® Breakfast Sandwich - Sausage	177	600	410	46	17	0.5	340	1350	28	0	4	19	20%	0%	20%	15%
CroisSONIC® Breakfast Sandwich - Ham	169	430	240	27	12	0	355	1520	24	1	3	21	10%	2%	15%	15%
BREAKFAST TOASTER® - Sausage, Egg & Cheese	194	620	380	42	13	0.5	340	1400	39	2	6	21	15%	0%	20%	15%
BREAKFAST TOASTER® - Bacon, Egg & Cheese	167	530	290	33	10	0	325	1460	39	2	6	21	15%	0%	20%	10%
BREAKFAST TOASTER® - Ham, Egg & Cheese	186	490	240	27	7	0	325	1720	39	2	6	24	15%	0%	20%	10%
Breakfast Burritos - Sausage, Egg & Cheese	169	500	280	31	11	0.5	300	1380	37	1	2	18	15%	0%	35%	15%
Breakfast Burritos - Bacon, Egg & Cheese	159	470	250	28	10	0.5	300	1470	37	1	2	19	15%	0%	30%	15%
Breakfast Burritos - Ham, Egg & Cheese	183	460	210	23	8	0.5	310	1810	37	2	2	25	15%	0%	30%	20%
Sausage Biscuit Dippers™ w/ Gravy (3)	260	690	400	44	18	1	60	1770	57	0	7	16	0%	0%	10%	25%
Jr. Breakfast Burrito	116	340	190	21	7	0	220	930	24	0	1	12	10%	0%	20%	15%
Steak and Egg Breakfast Burrito	246	590	290	33	11	2	320	1450	45	3	2	28	15%	2%	30%	35%
SuperSonic® Breakfast Burrito	239	590	330	36	12	1	300	1830	47	3	3	18	20%	4%	35%	20%
French Toast Sticks (4)	120	500	280	31	5	0	15	490	49	2	9	7	0%	0%	10%	15%
Syrup	28	90	0	0	0	0	0	0	22	0	15	0	0%	0%	0%	0%

Premium Roast Coffees

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coffee - Regular (14 oz)	415	10	0	0	0	0	0	35	2	1	0	1	0%	0%	2%	0%
Coffee - Large (20 oz)	593	15	0	0	0	0	0	50	3	1	0	1	0%	0%	2%	0%
Iced Latté, Caramel (14 oz)	352	280	80	9	6	0	30	180	47	0	36	3	4%	0%	10%	2%
Iced Latté, Caramel (20 oz)	431	360	90	10	6	0	30	250	62	0	46	3	4%	0%	10%	2%
Iced Latté, Hazelnut (14 oz)	351	260	70	7	5	0	25	90	44	0	40	3	4%	0%	10%	2%
Iced Latté, Hazelnut (20 oz)	430	310	70	8	5	0	25	105	58	0	51	3	4%	0%	10%	2%
Iced Latté, Chocolate (14 oz)	351	270	70	7	5	0	25	115	47	0	24	3	4%	0%	10%	6%
Iced Latté, Chocolate (20 oz)	430	340	70	8	5	0	25	140	61	0	25	3	4%	0%	10%	8%
Iced Latté, Chocolate/Caramel (14 oz)	351	280	70	8	5	0	25	150	47	0	30	3	4%	0%	10%	4%
Iced Latté, Chocolate/Caramel (20 oz)	431	350	80	9	6	0	30	200	62	0	36	3	4%	0%	10%	6%
Iced Latté, Caramel/Hazelnut (14 oz)	351	270	70	8	5	0	25	135	46	0	38	3	4%	0%	10%	2%
Iced Latté, Caramel/Hazelnut (20 oz)	430	330	80	9	6	0	30	180	59	0	48	3	4%	0%	10%	2%
Iced Latté, Chocolate /Hazelnut (14 oz)	351	260	70	7	5	0	25	105	46	0	32	3	4%	0%	10%	4%
Iced Latté, Chocolate /Hazelnut (20 oz)	430	320	70	8	5	0	25	125	59	0	38	3	4%	0%	10%	6%
Sonic Boom® Espresso Shot	4	5	0	0	0	0	0	5	1	0	0	0	0%	0%	0%	0%

Soft Drinks

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Coca-Cola® - Wacky Pack® (12 oz)	277	110	0	0	0	0	0	5	30	0	30	0	0%	0%	0%	0%
Coca-Cola® - Small (14 oz)	354	140	0	0	0	0	0	10	39	0	39	0	0%	0%	0%	0%
Coca-Cola® - Medium (20 oz)	431	170	0	0	0	0	0	10	47	0	47	0	0%	0%	0%	0%
Coca-Cola® - Large (32 oz)	678	270	0	0	0	0	0	15	74	0	74	0	0%	0%	0%	0%
Coca-Cola® - Route 44® (44 oz)	924	370	0	0	0	0	0	20	101	0	101	0	0%	0%	0%	0%
Diet Coke® - Wacky Pack® (12 oz)	266	0	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Small (14 oz)	340	0	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Medium (20 oz)	414	0	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Large (32 oz)	651	0	0	0	0	0	0	30	0	0	0	0	0%	0%	0%	0%
Diet Coke® - Route 44® (44 oz)	887	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Coke Zero® - Wacky Pack® (12 oz)	344	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Coke Zero® - Small (14 oz)	354	0	0	0	0	0	0	40	0	0	0	0	0%	0%	0%	0%
Coke Zero® - Medium (20 oz)	431	0	0	0	0	0	0	50	0	0	0	0	0%	0%	0%	0%
Coke Zero® - Large (32 oz)	678	0	0	0	0	0	0	75	0	0	0	0	0%	0%	0%	0%
Coke Zero® - Route 44® (44 oz)	924	5	0	0	0	0	0	105	0	0	0	0	0%	0%	0%	0%

Diet Dr Pepper® - Wacky Pack® (12 oz)	266	0	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Diet Dr Pepper® - Small (14 oz)	340	0	0	0	0	0	0	70	0	0	0	0	0%	0%	0%	0%
Diet Dr Pepper® - Medium (20 oz)	414	0	0	0	0	0	0	85	0	0	0	0	0%	0%	0%	0%
Diet Dr Pepper® - Large (32 oz)	651	0	0	0	0	0	0	135	0	0	0	0	0%	0%	0%	0%
Diet Dr Pepper® - Route 44® (44 oz)	888	0	0	0	0	0	0	190	0	0	0	0	0%	0%	0%	0%
Dr Pepper® - Wacky Pack® (12 oz)	278	100	0	0	0	0	0	35	29	0	29	0	0%	0%	0%	0%
Dr Pepper® - Small (14 oz)	355	130	0	0	0	0	0	45	37	0	37	0	0%	0%	0%	0%
Dr Pepper® - Medium (20 oz)	432	160	0	0	0	0	0	50	45	0	45	0	0%	0%	0%	0%
Dr Pepper® - Large (32 oz)	679	250	0	0	0	0	0	80	71	0	71	0	0%	0%	0%	0%
Dr Pepper® - Route 44® (44 oz)	926	340	0	0	0	0	0	110	97	0	97	0	0%	0%	0%	0%
Sprite® - Wacky Pack® (12 oz)	277	110	0	0	0	0	0	25	29	0	29	0	0%	0%	0%	0%
Sprite® - Small (14 oz)	354	140	0	0	0	0	0	30	37	0	37	0	0%	0%	0%	0%
Sprite® - Medium (20 oz)	431	170	0	0	0	0	0	40	45	0	45	0	0%	0%	0%	0%
Sprite® - Large (32 oz)	677	270	0	0	0	0	0	60	71	0	71	0	0%	0%	0%	0%
Sprite® - Route 44® (44 oz)	923	360	0	0	0	0	0	80	97	0	97	0	0%	0%	0%	0%
Sprite Zero™ - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Small (14 oz)	340	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Medium (20 oz)	414	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Large (32 oz)	651	5	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Sprite Zero™ - Route 44® (44 oz)	888	10	0	0	0	0	0	20	0	0	0	0	0%	0%	0%	0%
Barq's® Root Beer Wacky Pack® (12 oz)	281	130	0	0	0	0	0	25	34	0	34	0	0%	0%	0%	0%
Barq's® Root Beer Small (14 oz)	356	160	0	0	0	0	0	35	43	0	43	0	0%	0%	0%	0%
Barq's® Root Beer Medium (20 oz)	433	190	0	0	0	0	0	40	52	0	52	0	0%	0%	0%	0%
Barq's® Root Beer Large (32 oz)	681	310	0	0	0	0	0	65	82	0	82	0	0%	0%	0%	0%
Barq's® Root Beer Route 44® (44 oz)	928	420	0	0	0	0	0	90	112	0	112	0	0%	0%	0%	0%
Hi-C® Fruit Punch - Wacky Pack® (12 oz)	278	120	0	0	0	0	0	10	31	0	31	0	0%	110%	0%	0%
Hi-C® Fruit Punch - Small (14 oz)	356	150	0	0	0	0	0	15	40	0	40	0	0%	140%	0%	0%
Hi-C® Fruit Punch - Medium (20 oz)	432	180	0	0	0	0	0	15	49	0	49	0	0%	170%	0%	0%
Hi-C® Fruit Punch - Large (32 oz)	679	290	0	0	0	0	0	25	77	0	77	0	0%	270%	0%	0%
Hi-C® Fruit Punch - Route 44® (44 oz)	926	390	0	0	0	0	0	35	105	0	105	0	0%	370%	0%	0%
Minute Maid® Light Lemonade - Wacky Pack® (12 oz)	267	5	0	0	0	0	0	5	1	0	1	0	0%	15%	0%	0%
Minute Maid® Light Lemonade - Small (14 oz)	341	5	0	0	0	0	0	5	1	0	1	0	0%	15%	0%	0%
Minute Maid® Light Lemonade - Medium (20 oz)	415	10	0	0	0	0	0	10	2	0	2	0	0%	20%	0%	0%
Minute Maid® Light Lemonade - Large (32 oz)	652	15	0	0	0	0	0	15	3	0	3	0	0%	30%	0%	0%
Minute Maid® Light Lemonade - Route 44® (44 oz)	889	20	0	0	0	0	0	20	4	0	4	0	0%	45%	0%	0%
Minute Maid® Lemonade - Wacky Pack® (12 oz)	344	140	0	0	0	0	0	55	36	0	36	0	0%	0%	0%	0%
Minute Maid® Lemonade - Small (14 oz)	354	140	0	0	0	0	0	60	37	0	37	0	0%	0%	0%	0%
Minute Maid® Lemonade - Medium (20 oz)	431	170	0	0	0	0	0	70	45	0	45	0	0%	0%	0%	0%
Minute Maid® Lemonade - Large (32 oz)	678	270	0	0	0	0	0	115	71	0	71	0	0%	0%	0%	0%
Minute Maid® Lemonade - Route 44® (44 oz)	924	360	0	0	0	0	0	150	97	0	97	0	0%	0%	0%	0%
Fanta® Orange - Wacky Pack® (12 oz)	269	120	0	0	0	0	0	5	33	0	33	0	0%	0%	0%	0%
Fanta® Orange - Small (14 oz)	344	150	0	0	0	0	0	10	42	0	42	0	0%	0%	0%	0%
Fanta® Orange - Medium (20 oz)	418	190	0	0	0	0	0	10	51	0	51	0	0%	0%	0%	0%
Fanta® Orange - Large (32 oz)	657	290	0	0	0	0	0	15	80	0	80	0	0%	0%	0%	0%
Fanta® Orange - Route 44® (44 oz)	896	400	0	0	0	0	0	20	109	0	109	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Wacky Pack® (12 oz)	278	130	0	0	0	0	0	0	35	0	35	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Small (14 oz)	356	160	0	0	0	0	0	0	45	0	45	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Medium (20 oz)	433	200	0	0	0	0	0	0	54	0	54	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Large (32 oz)	680	310	0	0	0	0	0	0	85	0	85	0	0%	0%	0%	0%
Minute Maid® Strawberry Soda - Route 44® (44 oz)	928	420	0	0	0	0	0	0	116	0	116	0	0%	0%	0%	0%
Mello Yello® - Wacky Pack® (12 oz)	278	120	0	0	0	0	0	10	33	0	33	0	0%	0%	0%	0%
Mello Yello® - Small (14 oz)	357	150	0	0	0	0	0	10	42	0	42	0	0%	0%	0%	0%
Mello Yello® - Medium (20 oz)	432	190	0	0	0	0	0	15	51	0	51	0	0%	0%	0%	0%
Mello Yello® - Large (32 oz)	678	290	0	0	0	0	0	20	80	0	80	0	0%	0%	0%	0%
Mello Yello® - Route 44® (44 oz)	925	400	0	0	0	0	0	30	109	0	109	0	0%	0%	0%	0%

Minute Maid® Juices

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Minute Maid® Apple Juice - Wacky Pack® (12 oz)	275	120	0	0	0	0	0	15	31	0	29	0	0%	110%	0%	0%
Minute Maid® Apple Juice - Regular (14 oz)	351	160	0	0	0	0	0	20	40	0	37	0	0%	140%	0%	0%
Minute Maid® Apple Juice - Large (20 oz)	428	190	0	0	0	0	0	25	49	0	45	0	0%	170%	0%	0%
Minute Maid® Cranberry** - Wacky Pack® (12 oz)	279	130	0	0	0	0	0	15	36	0	35	0	0%	110%	0%	0%
Minute Maid® Cranberry** - Regular (14 oz)	357	170	0	0	0	0	0	20	46	0	45	0	0%	140%	0%	0%
Minute Maid® Cranberry** - Large (20 oz)	434	210	0	0	0	0	0	25	56	0	54	0	0%	170%	0%	0%
Minute Maid® Orange Juice - Wacky Pack® (12 oz)	282	130	0	0	0	0	0	20	30	0	27	2	0%	150%	2%	0%
Minute Maid® Orange Juice - Regular (14 oz)	329	150	0	0	0	0	0	20	36	0	32	2	0%	170%	2%	0%
Minute Maid® Orange Juice - Large (20 oz)	502	230	0	0	0	0	0	35	34	0	48	4	0%	260%	4%	0%

Iced Tea

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Iced Tea - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Iced Tea - Small(14 oz)	340	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Iced Tea - Medium (20 oz)	414	5	0	0	0	0	0	10	1	0	0	0	0%	0%	0%	0%
Iced Tea - Large (32 oz)	651	5	0	0	0	0	0	20	2	0	0	0	0%	0%	0%	0%
Iced Tea - Route 44® (44 oz)	887	10	0	0	0	0	0	25	3	0	0	0	0%	0%	0%	0%
Sweet Iced Tea - Wacky Pack® (12 oz)	277	120	0	0	0	0	0	5	31	0	30	0	0%	0%	0%	0%
Sweet Iced Tea - Small (14 oz)	354	150	0	0	0	0	0	10	39	0	38	0	0%	0%	0%	0%
Sweet Iced Tea - Medium (20 oz)	431	180	0	0	0	0	0	10	48	0	47	0	0%	0%	0%	0%
Sweet Iced Tea - Large (32 oz)	678	290	0	0	0	0	0	20	75	0	73	0	0%	0%	0%	0%
Sweet Iced Tea - Route 44® (44 oz)	924	400	0	0	0	0	0	25	103	0	100	0	0%	0%	0%	0%
Raspberry Iced Tea - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Iced Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Raspberry Iced Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	2	0	0	0	0%	0%	0%	0%
Raspberry Iced Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	2%	0%	0%

Raspberry Iced Tea - Route 44® (44 oz)	887	10	0	0	0	0	0	50	3	1	0	0	0%	2%	0%	0%
Peach Iced Tea - Wacky Pack® (12 oz)	266	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Small (14 oz)	340	5	0	0	0	0	0	15	1	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Medium (20 oz)	414	5	0	0	0	0	0	25	1	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Large (32 oz)	651	10	0	0	0	0	0	40	2	0	0	0	0%	0%	0%	0%
Peach Iced Tea - Route 44® (44 oz)	887	10	0	0	0	0	0	55	3	0	0	0	0%	0%	0%	0%
Cranberry** Tea - Wacky Pack® (12 oz)	267	20	0	0	0	0	0	10	6	0	5	0	0%	15%	0%	0%
Cranberry** Tea - Small (14 oz)	341	20	0	0	0	0	0	10	6	0	5	0	0%	15%	0%	0%
Cranberry** Tea - Medium (20 oz)	416	40	0	0	0	0	0	15	11	0	10	0	0%	30%	0%	0%
Cranberry** Tea - Large (32 oz)	655	60	0	0	0	0	0	25	17	0	15	0	0%	45%	0%	0%
Cranberry** Tea - Route 44® (44 oz)	892	80	0	0	0	0	0	35	23	0	19	0	0%	60%	0%	0%
Green Tea - Wacky Pack® (12 oz)	251	90	0	0	0	0	0	10	24	0	23	0	0%	110%	0%	0%
Green Tea - Small (14 oz)	325	110	0	0	0	0	0	10	32	0	30	0	0%	150%	0%	0%
Green Tea - Medium (20 oz)	384	140	0	0	0	0	0	10	37	0	36	0	0%	170%	0%	0%
Green Tea - Large (32 oz)	606	210	0	0	0	0	0	20	59	0	56	0	0%	270%	0%	0%
Green Tea - Route 44® (44 oz)	827	290	0	0	0	0	0	25	80	0	77	0	0%	370%	0%	0%
Diet Green Tea - Wacky Pack® (12 oz)	251	0	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Diet Green Tea - Small (14 oz)	325	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Green Tea - Medium (20 oz)	384	5	0	0	0	0	0	10	0	0	0	0	0%	0%	0%	0%
Diet Green Tea - Large (32 oz)	606	5	0	0	0	0	0	20	1	0	1	0	0%	0%	0%	0%
Diet Green Tea - Route 44® (44 oz)	827	10	0	0	0	0	0	25	1	0	1	0	0%	0%	0%	0%

Limeades

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Limeade - Wacky Pack® (12 oz)	284	110	0	0	0	0	0	25	30	0	29	0	0%	4%	0%	0%
Limeade - Small (14 oz)	361	140	0	0	0	0	0	30	38	0	37	0	0%	4%	0%	0%
Limeade - Medium (20 oz)	445	170	0	0	0	0	0	40	47	0	46	0	0%	8%	0%	0%
Limeade - Large (32 oz)	691	270	0	0	0	0	0	60	73	0	72	0	0%	8%	0%	0%
Limeade - Route 44® (44 oz)	951	370	0	0	0	0	0	85	100	0	98	0	0%	15%	0%	0%
Lo-Cal Diet Lime Limeade - Wacky Pack® (12 oz)	273	5	0	0	0	0	0	5	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Lime Limeade - Small (14 oz)	347	5	0	0	0	0	0	10	1	0	0	0	0%	4%	0%	0%
Lo-Cal Diet Lime Limeade - Medium (20 oz)	428	10	0	0	0	0	0	10	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Lime Limeade - Large (32 oz)	665	10	0	0	0	0	0	15	1	0	0	0	0%	8%	0%	0%
Lo-Cal Diet Lime Limeade - Route 44® (44 oz)	916	15	0	0	0	0	0	25	2	0	0	0	0%	15%	0%	0%
Cherry Limeade - Wacky Pack® (12 oz)	290	140	0	0	0	0	0	30	37	0	36	0	0%	4%	0%	0%
Cherry Limeade - Small (14 oz)	367	170	0	0	0	0	0	35	45	0	44	0	0%	4%	0%	0%
Cherry Limeade - Medium (20 oz)	453	220	0	0	0	0	0	45	59	0	57	0	0%	8%	0%	0%
Cherry Limeade - Large (32 oz)	707	340	0	0	0	0	0	65	91	0	88	0	0%	10%	0%	0%
Cherry Limeade - Route 44® (44 oz)	962	460	0	0	0	0	0	90	122	0	120	0	0%	15%	0%	0%
Lo-Cal Diet Cherry* Limeade - Wacky Pack® (12 oz)	277	10	0	0	0	0	0	10	2	0	1	0	0%	4%	0%	0%
Lo-Cal Diet Cherry* Limeade - Small (14 oz)	350	10	0	0	0	0	0	10	2	0	1	0	0%	4%	0%	0%
Lo-Cal Diet Cherry* Limeade - Medium (20 oz)	432	15	0	0	0	0	0	15	3	0	1	0	0%	8%	0%	0%
Lo-Cal Diet Cherry* Limeade - Large (32 oz)	676	20	0	0	0	0	0	25	4	0	1	0	0%	10%	0%	0%
Lo-Cal Diet Cherry* Limeade - Route 44® (44 oz)	920	25	0	0	0	0	0	30	4	0	1	0	0%	15%	0%	0%
Strawberry Limeade - Wacky Pack® (12 oz)	286	120	0	0	0	0	0	25	33	0	32	0	0%	15%	0%	0%
Strawberry Limeade - Small (14 oz)	363	150	0	0	0	0	0	35	41	0	40	0	0%	15%	0%	0%
Strawberry Limeade - Medium (20 oz)	449	200	0	0	0	0	0	45	53	1	51	1	0%	25%	0%	2%
Strawberry Limeade - Large (32 oz)	704	310	0	0	0	0	0	70	83	1	80	1	0%	40%	2%	0%
Strawberry Limeade - Route 44® (44 oz)	959	420	0	0	0	0	0	95	112	2	109	1	0%	50%	2%	2%
Minute Maid® Cranberry** Limeade - Wacky Pack® (12 oz)	284	120	0	0	0	0	0	25	33	0	32	0	0%	15%	0%	0%
Minute Maid® Cranberry** Limeade - Small (14 oz)	361	150	0	0	0	0	0	35	41	0	41	0	0%	15%	0%	0%
Minute Maid® Cranberry** Limeade - Medium (20 oz)	445	200	0	0	0	0	0	40	53	0	52	0	0%	30%	0%	0%
Minute Maid® Cranberry** Limeade - Large (32 oz)	698	310	0	0	0	0	0	65	83	0	81	0	0%	50%	0%	0%
Minute Maid® Cranberry** Limeade - Route 44® (44 oz)	951	420	0	0	0	0	0	90	113	0	110	0	0%	60%	0%	0%

POWERADE® Drinks & Slushes

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
POWERADE® Mountain Blast® - Wacky Pack® (12 oz)	273	70	0	0	0	0	0	60	19	0	19	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Small (14 oz)	349	90	0	0	0	0	0	75	24	0	24	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Medium (20 oz)	425	110	0	0	0	0	0	95	30	0	30	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Large (32 oz)	668	180	0	0	0	0	0	150	47	0	47	0	0%	0%	0%	0%
POWERADE® Mountain Blast® - Route 44® (44 oz)	912	240	0	0	0	0	0	200	64	0	64	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Wacky Pack® (12 oz)	336	170	0	0	0	0	0	45	46	0	46	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Small (14 oz)	392	200	0	0	0	0	0	50	53	0	53	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Medium (20 oz)	561	290	0	0	0	0	0	80	78	0	78	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Large (32 oz)	897	460	0	0	0	0	0	120	124	0	124	0	0%	0%	0%	0%
POWERADE® Mountain Blast® Slush - Route 44® (44 oz)	1233	630	0	0	0	0	0	170	170	0	170	0	0%	0%	0%	0%

Ocean Water®

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Ocean Water® - Wacky Pack® (12 oz)	278	120	0	0	0	0	0	25	33	0	32	0	0%	0%	0%	0%
Ocean Water® - Small (14 oz)	355	150	0	0	0	0	0	35	41	0	40	0	0%	0%	0%	0%
Ocean Water® - Medium (20 oz)	433	200	0	0	0	0	0	40	53	0	51	0	0%	0%	0%	2%
Ocean Water® - Large (32 oz)	663	310	0	0	0	0	0	65	81	0	78	0	0%	0%	0%	2%
Ocean Water® - Route 44® (44 oz)	929	430	0	0	0	0	0	90	112	0	109	0	0%	0%	0%	2%

Fruit Smoothies

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Strawberry Fruit Smoothie - Regular (14 oz)	445	420	0	0	0	0	0	115	106	4	92	3	120%	190%	110%	15%
Strawberry Fruit Smoothie - Large (20 oz)	607	520	0	0	0	0	0	130	131	5	116	3	120%	210%	110%	15%
Strawberry-Banana Fruit Smoothie - Regular (14 oz)	415	380	0	0	0	0	0	100	96	4	79	3	120%	160%	110%	15%
Strawberry-Banana Fruit Smoothie - Large (20 oz)	597	500	5	0	0	0	0	115	125	5	106	3	120%	180%	110%	15%

Tropical Fruit Smoothie - Regular (14 oz)	417	440	0	0	0	0	0	105	109	2	82	2	120%	280%	110%	15%
Tropical Fruit Smoothie - Large (20 oz)	602	590	5	0	0	0	0	125	147	3	111	3	120%	360%	110%	15%

Add-in Flavors & Toppings

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Bubble Gum - Wacky Pack	9	20	0	0	0	0	0	10	5	0	4	0	0%	0%	0%	0%
Bubble Gum - Small	9	20	0	0	0	0	0	10	5	0	4	0	0%	0%	0%	0%
Bubble Gum - Medium	19	40	0	0	0	0	0	15	9	0	9	0	0%	0%	0%	0%
Bubble Gum - Large	28	60	0	0	0	0	0	25	14	1	13	0	0%	0%	0%	0%
Bubble Gum - Route 44®	38	80	0	0	0	0	0	30	19	1	17	0	0%	0%	0%	0%
POWERADE® - Wacky Pack®	17	25	0	0	0	0	0	20	6	0	6	0	0%	0%	0%	0%
POWERADE® - Small	17	25	0	0	0	0	0	20	6	0	6	0	0%	0%	0%	0%
POWERADE® - Medium	34	50	0	0	0	0	0	40	13	0	13	0	0%	0%	0%	0%
POWERADE® - Large	52	70	0	0	0	0	0	60	19	0	19	0	0%	0%	0%	0%
POWERADE® - Route 44®	69	100	0	0	0	0	0	80	26	0	26	0	0%	0%	0%	0%
Vanilla - Wacky Pack®	9	20	0	0	0	0	0	5	0	0	5	0	0%	0%	0%	0%
Vanilla - Small	9	20	0	0	0	0	0	5	0	0	5	0	0%	0%	0%	0%
Vanilla - Medium	19	40	0	0	0	0	0	11	0	0	11	0	0%	0%	0%	0%
Vanilla - Large	28	60	0	0	0	0	0	16	0	0	16	0	0%	0%	0%	0%
Vanilla - Route 44®	37	80	0	0	0	0	0	5	21	0	21	0	0%	0%	0%	0%
Chocolate Topping - Wacky Pack®	19	50	0	0	0	0	0	20	13	0	0	0	0%	0%	0%	10%
Chocolate Topping - Small	19	50	0	0	0	0	0	20	13	0	0	0	0%	0%	0%	10%
Chocolate Topping Add-In - Medium	38	110	0	0	0	0	0	40	25	0	0	0	0%	0%	0%	20%
Chocolate Topping Add-In - Large	57	160	0	0	0	0	0	60	38	0	0	0	0%	0%	0%	30%
Chocolate Topping Add-In - Route 44®	76	210	0	0	0	0	0	80	51	0	0	0	0%	0%	0%	45%
Cherry - Wacky Pack®	14	30	0	0	0	0	0	0	8	0	7	0	0%	0%	0%	0%
Cherry - Small	14	30	0	0	0	0	0	0	8	0	7	0	0%	0%	0%	0%
Cherry - Medium	23	50	0	0	0	0	0	5	14	0	13	0	0%	0%	0%	0%
Cherry - Large	33	70	0	0	0	0	0	10	20	0	19	0	0%	0%	0%	0%
Cherry - Route 44®	42	100	0	0	0	0	0	10	26	0	25	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Wacky Pack®	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Small	11	5	0	0	0	0	0	0	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Medium	19	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Large	26	10	0	0	0	0	0	5	2	0	1	0	0%	0%	0%	0%
Lo-Cal Diet Cherry+ - Route 44®	34	10	0	0	0	0	0	10	2	0	1	0	0%	0%	0%	0%
Grape - Wacky Pack®	9	20	0	0	0	0	0	5	5	0	5	0	0%	0%	0%	0%
Grape - Small	9	20	0	0	0	0	0	5	5	0	5	0	0%	0%	0%	0%
Grape - Medium	19	40	0	0	0	0	0	10	9	0	9	0	0%	0%	0%	0%
Grape - Large	28	60	0	0	0	0	0	15	14	0	14	0	0%	0%	0%	0%
Grape - Route 44®	38	80	0	0	0	0	0	25	19	0	18	0	0%	2%	0%	0%
Green Apple - Wacky Pack®	10	30	0	0	0	0	0	0	7	0	6	0	0%	0%	0%	0%
Green Apple - Small	10	30	0	0	0	0	0	0	7	0	6	0	0%	0%	0%	0%
Green Apple - Medium	20	60	0	0	0	0	0	5	15	0	11	0	0%	0%	0%	0%
Green Apple - Large	30	90	0	0	0	0	0	10	22	0	17	0	0%	0%	0%	0%
Green Apple - Route 44®	40	120	0	0	0	0	0	15	29	0	22	0	0%	0%	0%	0%
Orange - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Orange - Small	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Orange - Medium	18	40	0	0	0	0	0	5	10	0	8	0	0%	0%	0%	0%
Orange - Large	28	60	0	0	0	0	0	10	15	0	13	0	0%	0%	0%	0%
Orange - Route 44®	37	80	0	0	0	0	0	15	20	0	17	0	0%	0%	0%	0%
Blue Coconut - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Blue Coconut - Small	9	20	0	0	0	0	0	0	5	0	4	0	0%	0%	0%	0%
Blue Coconut - Medium	18	35	0	0	0	0	0	5	9	0	7	0	0%	0%	0%	2%
Blue Coconut - Large	27	60	0	0	0	0	0	10	14	0	11	0	0%	0%	0%	2%
Blue Coconut - Route 44®	36	70	0	0	0	0	0	10	18	0	15	0	0%	0%	0%	2%
Watermelon - Wacky Pack®	10	25	0	0	0	0	0	0	6	0	4	0	0%	0%	0%	0%
Watermelon - Small	10	25	0	0	0	0	0	0	6	0	4	0	0%	0%	0%	0%
Watermelon - Medium	19	45	0	0	0	0	0	5	12	0	8	0	0%	0%	0%	0%
Watermelon - Large	29	70	0	0	0	0	0	10	17	0	13	0	0%	0%	0%	0%
Watermelon - Route 44®	38	90	0	0	0	0	0	15	23	0	17	0	0%	0%	0%	0%
Fresh Lemon Add-In - Wacky Pack®	9	0	0	0	0	0	0	0	1	0	0	0	0%	6%	0%	0%
Fresh Lemon Add-In - Small	9	0	0	0	0	0	0	0	1	0	0	0	0%	6%	0%	0%
Fresh Lemon Add-In - Medium	18	5	0	0	0	0	0	0	2	0	0	0	0%	15%	0%	0%
Fresh Lemon Add-In - Large	27	5	0	0	0	0	0	0	2	0	1	0	0%	20%	0%	0%
Fresh Lemon Add-In - Route 44®	36	10	0	0	0	0	0	0	3	0	1	0	0%	30%	0%	0%
Fresh Lime Add-In - Wacky Pack®	7	0	0	0	0	0	0	0	1	0	0	0	0%	4%	0%	0%
Fresh Lime Add-In - Small	7	0	0	0	0	0	0	0	1	0	0	0	0%	4%	0%	0%
Fresh Lime Add-In - Medium	14	5	0	0	0	0	0	0	1	0	0	0	0%	8%	0%	0%
Fresh Lime Add-In - Large	21	5	0	0	0	0	0	0	2	0	0	0	0%	10%	0%	0%
Fresh Lime Add-In - Route 44®	28	5	0	0	0	0	0	0	2	0	0	0	0%	15%	0%	0%
Strawberry Topping - Wacky Pack®	18	35	0	0	0	0	0	0	8	0	5	0	0%	6%	0%	0%
Strawberry Topping - Small	18	35	0	0	0	0	0	0	8	0	5	0	0%	6%	0%	0%
Strawberry Topping - Medium	35	70	0	0	0	0	0	10	17	1	11	1	0%	15%	0%	2%
Strawberry Topping - Large	53	100	0	0	0	0	0	15	25	1	16	1	0%	20%	0%	2%
Strawberry Topping - Route 44®	70	140	0	0	0	0	0	20	33	1	21	1	0%	25%	2%	2%
Pineapple Topping - Wacky Pack®	18	25	0	0	0	0	0	0	6	0	5	0	0%	15%	0%	0%
Pineapple Topping - Small	18	25	0	0	0	0	0	0	6	0	5	0	0%	15%	0%	0%
Pineapple Topping - Medium	35	45	0	0	0	0	0	5	11	0	10	0	0%	25%	0%	0%
Pineapple Topping - Large	53	70	0	0	0	0	0	10	17	0	15	0	0%	40%	0%	0%
Pineapple Topping - Route 44®	70	90	0	0	0	0	0	10	22	0	20	0	0%	50%	0%	0%
Minute Maid® Apple Juice Add-In - Wacky Pack®	9	15	0	0	0	0	0	0	4	0	4	0	0%	15%	0%	0%
Minute Maid® Apple Juice Add-In - Small	9	15	0	0	0	0	0	0	4	0	4	0	0%	15%	0%	0%
Minute Maid® Apple Juice Add-In - Medium	18	35	0	0	0	0	0	0	9	0	8	0	0%	30%	0%	0%
Minute Maid® Apple Juice Add-In - Large	27	50	0	0	0	0	0	5	13	0	12	0	0%	45%	0%	0%
Minute Maid® Apple Juice Add-In - Route 44®	36	70	0	0	0	0	0	10	18	0	16	0	0%	60%	0%	0%

Minute Maid® Cranberry** Juice - Wacky Pack®	9	20	0	0	0	0	0	0	5	0	5	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice - Small	9	20	0	0	0	0	0	0	5	0	5	0	0%	15%	0%	0%
Minute Maid® Cranberry** Juice - Medium	18	40	0	0	0	0	0	0	10	0	10	0	0%	30%	0%	0%
Minute Maid® Cranberry** Juice - Large	28	60	0	0	0	0	0	5	15	0	15	0	0%	45%	0%	0%
Minute Maid® Cranberry** Juice - Route 44®	37	80	0	0	0	0	0	10	20	0	19	0	0%	60%	0%	0%
Hi-C® - Wacky Pack®	9	25	0	0	0	0	0	0	7	0	7	0	0%	25%	0%	0%
Hi-C® Small	9	25	0	0	0	0	0	0	7	0	7	0	0%	25%	0%	0%
Hi-C® Medium	19	50	0	0	0	0	0	0	14	0	14	0	0%	50%	0%	0%
Hi-C® Large	28	80	0	0	0	0	0	0	21	0	21	0	0%	70%	0%	0%
Hi-C® Route 44	37	100	0	0	0	0	0	10	28	0	28	0	0%	100%	0%	0%
Caramel Topping - Wacky Pack®	19	60	5	1	0.5	0	0	60	13	0	8	0	0%	0%	0%	0%
Caramel Topping - Small	19	60	5	1	0.5	0	0	60	13	0	8	0	0%	0%	0%	0%
Caramel Topping - Medium	38	120	15	1.5	1	0	5	120	25	0	16	0	0%	0%	0%	0%
Caramel Topping - Large	57	180	20	2.5	1.5	0	5	180	38	0	24	0	0%	0%	0%	0%
Caramel Topping - Route 44®	76	240	25	3	2	0	10	240	50	0	32	0	0%	0%	0%	0%

Condiments

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Mustard	6	5	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%
Mayonnaise	12	80	80	9	1.5	0	5	60	0	0	0	0	0%	0%	0%	0%
Ketchup	9	10	0	0	0	0	0	110	2	0	2	0	0%	0%	0%	0%
Marinara Sauce	28	15	0	0	0	0	0	270	3	1	2	0	4%	0%	0%	2%
Picante Sauce	14	5	0	0	0	0	0	140	1	0	0	0	2%	0%	0%	0%
French Fry Sauce	14	25	0	0	0	0	0	130	7	1	2	0	0%	0%	0%	0%

Everyday Value Menu

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Tots - Small	70	200	120	13	2.5	0	0	440	20	2	0	2	0%	0%	2%	2%
French Fries - Small	71	200	70	8	1.5	0	0	270	30	2	0	2	0%	2%	2%	2%
Jr. FRITOS® Chili Cheese Wrap	116	340	160	18	6	0	25	710	33	1	1	11	10%	2%	10%	10%
Chicken Strip Sandwich	145	420	200	22	3.5	0	35	710	39	3	4	18	2%	0%	8%	15%
Jr. Deluxe Burger	134	350	180	20	6	0.5	40	440	28	3	4	15	2%	4%	10%	15%
Jr. Reese's Peanut Butter Cups® Sundae	90	200	80	8	6	0	30	115	27	0	22	4	6%	0%	8%	0%
Jr. M&M's® Sundae	91	210	100	11	7	0	30	90	26	0	24	3	6%	0%	10%	2%
Jr. Butterfinger® Sundae	91	210	90	10	6	0	30	105	26	0	21	3	6%	0%	8%	0%
Jr. Oreo® Sundae	86	180	80	9	6	0	30	130	22	0	18	2	6%	0%	8%	2%
Jr. Breakfast Burrito	116	340	190	21	7	0	220	930	24	0	1	12	10%	0%	20%	15%

Limited Time Only Products*

Food Item	Weight (g)	Cals	Fat Cals	Total Fat(g)	Sat (g)	Trans Fat(g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A	Vit C	Calcium	Iron
Red Velvet Cheesecake Blast - Regular (14 oz)	405	850	400	44	30	0	155	520	104	1	94	12	30%	0%	35%	2%
Red Velvet Cheesecake Blast - Large (20 oz)	608	1280	580	64	43	0	230	800	163	1	147	18	45%	0%	50%	2%

As of 1/20/2011

*Limited Time Only ("LTO") products are normally offered for thirty days. However, LTOs may be offered for more or fewer than thirty days depending on drive-in location and menu items may vary depending on drive-in locale and product availability. Contact your participating Sonic Drive-In for product availability and details.

**Cranberry consists of a Cranberry Juice Cocktail. Fruit and additional flavors may cost extra. "Coke," "Diet Coke," "Sprite," "Sprite Zero," "Barq's," "Fanta," "Minute Maid," "Hi-C," "POWERADE," and "Mountain Blast" are trademarks of The Coca-Cola Company. "Barq's" is a trademark of Barq's Inc. SNICKERS(R) is a trademark of Mars, Incorporated. Nuts may come in contact with your food even if ordered without nuts. All rights reserved.

Sugar is in all slush mixes, lemons, limes, maraschino cherries and other flavorings or toppings added to the diet drinks, including limeades.

+Sugar is not in Lo-Cal Diet Cherry flavoring only. Flavorings containing artificial sweeteners (sucralose) include: Low-Cal Diet Cherry, Peach and Raspberry.

SONIC® offers fresh bananas, limes and lemons. SONIC cherries, strawberries and pineapple are processed.

Daily recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium per day.

Consumer Information Center

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