

NUTRITION GUIDE

ITEM	Serving Size	Serving Weight (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
BURGERS																	
Papa Burger®	1 sandwich	282	690	350	39	14	1	145	1350	44	4	8	40	10	8	30	25
Papa Single Burger	1 sandwich	206	470	230	25	8	0.5	75	1000	38	4	7	23	8	8	20	15
Original Bacon Double Cheeseburger	1 sandwich	297	760	410	45	17	1	165	1570	45	4	8	44	10	10	30	25
Original Double Cheeseburger	1 sandwich	282	680	340	38	14	1	150	1330	44	4	7	40	10	10	30	25
Original Bacon Cheeseburger	1 sandwich	217	530	270	30	10	0.5	90	1160	39	4	7	26	8	10	20	15
Hamburger	1 sandwich	155	380	170	19	6	0.5	55	860	33	3	6	21	2	2	15	15
Cheeseburger	1 sandwich	169	420	190	21	7	0.5	70	1040	37	4	6	23	6	2	20	15
CHICKEN																	
Grilled Chicken Sandwich	1 sandwich	207	400	140	15	3	0	90	820	31	4	7	35	2	10	8	10
Crispy Chicken Sandwich	1 sandwich	213	550	230	25	4.5	1.5	65	1130	52	5	6	30	2	8	10	15
Chicken Strips- 3 pieces	3 pieces	159	500	260	29	5	2	55	1050	32	2	2	28	0	0	6	15
SHRIMP																	
Crunchy Shrimp	21 pieces	119	340	170	19	5	1	110	820	34	2	1	13	0	0	0	0
HOT DOGS																	
Hot Dog (plain)	1 hotdog	53	310	170	19	8	1.5	0	740	23	1	4	11	2	0	6	10
Coney (Chili) Dog	1 hotdog	88	340	180	20	9	1.5	5	900	26	2	5	14	2	0	6	15
Coney (Chili) Cheese Dog	1 hotdog	117	380	210	23	9	1.5	10	1100	28	2	5	14	2	0	8	15
Cheese Dog	1 hotdog	88	350	200	22	9	1.5	5	940	26	1	4	12	2	0	8	10
DIPPING SAUCES																	
Ranch	1 dipping cup	28	160	150	17	2.5	0	15	240	2	0	1	0	0	0	0	0
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0	0	0	0	2
Honey Mustard	1 dipping cup	28	100	60	6	1.5	0	0	170	12	0	6	0	0	0	0	0
Ketchup	1 packet	9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	0
Marinara	1 dipping cup	28	15	0	0	0	0	0	125	4	1	2	1	4	4	0	0
Sweet & Sour	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0	0	2	0	0
Tartar Sauce	1 oz.	28	100	80	9	1.5	0	15	250	4	0	3	0	0	0	0	0
Cocktail Sauce (Seafood Sauce)	1 oz.	28	25	0	0	0	0	0	250	6	0	5	0	6	0	0	0
SIDES																	
French Fries (Small/ Kids)	2.5 oz.	71	200	70	8	2	2	0	290	28	3	0	2	0	20	0	0
French Fries (Regular)	4 oz.	113	310	110	12	3	3.5	0	460	45	4	0	3	0	30	0	0
French Fries (Large)	5.5 oz.	156	430	150	17	4	4.5	0	640	61	6	1	5	0	45	0	0
Corn Dog Nuggets® (Small/ Kids)	5 pieces	70	180	70	8	2	0	25	520	20	1	6	5	2	0	4	4
Corn Dog Nuggets® (Regular)	8 pieces	112	280	120	13	3	0.5	45	830	32	2	9	9	4	0	6	6
Chili Cheese Fries	7 oz.	198	410	160	17	5	3.5	10	990	52	5	2	8	2	30	4	4
Cheese Fries	6 oz.	170	390	160	18	4.5	3.5	5	870	50	4	0	4	0	30	4	0
Chili Fries	6 oz.	170	370	130	15	4	3.5	10	790	49	5	2	8	2	30	2	4
Breaded Onion Rings (Regular)	4 oz.	113	350	150	16	3.5	4.5	0	710	45	2	3	5	0	0	2	2
Breaded Onion Rings (Large)	5.5 oz.	156	480	250	27	7	7	5	990	62	3	4	7	0	2	4	2
Cheese Curds (Regular)	5 oz.	142	570	360	40	21	1	105	1220	27	2	3	27	35	0	80	10
Cheese Curds (Large)	10 oz.	284	1140	720	80	42	2.5	210	2440	54	4	6	54	20	0	150	20
Chili	1 bowl	225	190	50	6	2	0	20	640	22	5	9	12	30	2	8	15
Extra Burger Patty	1 patty	62	170	100	12	5	0	55	170	2	0	0	15	0	0	4	10
SWEETS & TREATS																	
Polar Swirl®																	
M&M's® Polar Swirl®	12 oz.	340	710	230	25	16	0.5	55	290	107	2	93	15	30	0	45	6
Oreo® Polar Swirl®	12 oz.	340	690	220	24	11	1	50	570	107	3	79	14	30	0	40	20
Reese's® Polar Swirl®	12 oz.	340	740	280	31	14	0.5	55	380	97	3	85	18	30	0	40	6
Shakes																	
Strawberry Milkshake (small)	16 oz. cup	475	670	260	29	18	1	115	180	90	0	52	11	25	0	40	6
Strawberry Milkshake (medium)	20 oz. cup	594	840	330	36	23	2	145	230	113	0	65	14	10	0	50	8
Vanilla Milkshake (small)	16 oz. cup	475	720	280	31	19	1	135	210	97	0	57	12	25	0	45	8
Vanilla Milkshake (medium)	20 oz. cup	594	900	350	39	24	2	170	260	121	0	71	15	8	0	60	10
Chocolate Milkshake (small)	16 oz. cup	475	700	260	29	18	1	125	200	100	2	60	11	30	0	30	8
Chocolate Milkshake (medium)	20 oz. cup	594	880	330	36	23	2	155	250	125	3	75	14	10	0	35	10
Soft Serve Cones																	
Vanilla Cone (regular)	4 oz. soft serve	113	200	45	5	3	0	20	115	32	0	22	6	10	0	15	2
Vanilla Cone (large)	5.5 oz. soft serve	157	260	60	7	4	0	25	145	41	0	29	7	15	0	20	2
Freezes																	
A&W® Root Beer Freeze (small)	16 oz. cup	397	370	70	8	5	0	30	170	68	0	62	7	15	0	20	2
A&W® Root Beer Freeze (medium)	20 oz. cup	510	480	90	10	6	0.5	40	230	89	1	81	9	25	0	30	4
A&W® Root Beer Freeze (large)	32 oz. cup	850	820	160	18	11	1	70	400	150	1	136	16	40	0	50	6
A&W® Diet Root Beer Freeze (small)	16 oz. cup	397	260	70	8	5	0	30	170	39	0	33	7	15	0	20	2
A&W® Diet Root Beer Freeze (medium)	20 oz. cup	510	340	90	10	6	0.5	40	230	53	1	45	9	25	0	30	4
A&W® Diet Root Beer Freeze (large)	32 oz. cup	850	600	160	18	11	1	70	400	92	1	78	16	40	0	50	6
Orange Freeze (small)	16 oz. cup	408	450	70	8	5	0	30	170	108	24	79	7	15	0	20	2
Orange Freeze (medium)	20 oz. cup	526	600	90	10	6	0.5	40	230	142	32	103	9	25	0	30	4
Orange Freeze (medium)	32 oz. cup	817	970	160	18	11	1	70	390	223	48	162	16	40	0	50	6
Sundaes																	
Strawberry Sundae	1 sundae	189	300	70	8	4	0	30	140	47	0	12	7	15	0	20	2
Chocolate Sundae	1 sundae	189	320	70	8	4	0	30	180	53	0	15	8	15	0	20	2
Hot Fudge Sundae	1 sundae	189	350	100	11	6	0	30	140	54	1	15	8	15	0	20	2
Caramel Sundae	1 sundae	189	340	80	9	4	0	35	250	57	0	13	8	20	0	20	2
Famous Floats																	
A&W® Root Beer Float (small)	16 oz. cup	411	330	45	5	3	0	40	100	70	0	57	2	8	0	8	0
A&W® Root Beer Float (medium)	20 oz. cup	468	350	45	5	3	0	40	105	77	0	64	2	8	0	8	0
A&W® Root Beer Float (large)	32 oz. cup	794	640	90	10	6	0.5	75	200	136	0	110	4	15	0	15	0
A&W® Diet Root Beer Float (small)	16 oz. cup	411	170	45	5	3	0	40	100	30	0	17	2	8	0	8	0
A&W® Diet Root Beer Float (medium)	20 oz. cup	468	170	45	5	3	0	40	105	30	0	17	2	8	0	8	0
A&W® Diet Root Beer Float (large)	32 oz. cup	794	350	90	10	6	0.5	75	200	60	0	34	4	15	0	15	0
Orange Float (small)	16 oz. cup	415	320	40	4.5	3	0	15	115	74	8	63	4	10	0	15	2
Orange Float (medium)	20 oz. cup	472	340	40	4.5	3	0	15	120	81	8	70	4	10	0	15	2
Orange Float (large)	32 oz. cup	792	610	80	9	6	0	35	230	137	12	118	8	20	0	25	2

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														Vitamin A	Vitamin C	Calcium	Iron
Smootheries																	
Pineapple Banana Smootherie	16 oz. cup	278	400	60	6	4.5	0	10	100	85	1	80	3	8	30	10	2
Pineapple Banana Smootherie	20 oz. cup	323	480	60	6	4.5	0	10	110	104	1	98	3	8	30	10	2
Pineapple Banana Smootherie	32 oz. cup	527	750	90	10	7	0	25	200	160	2	151	6	15	40	20	4
Strawberry Banana Smootherie	16 oz. cup	260	390	50	6	4.5	0	25	95	78	0	66	3	6	2	15	0
Strawberry Banana Smootherie	20 oz. cup	296	420	50	6	4.5	0	25	100	86	0	74	3	6	2	15	0
Strawberry Banana Smootherie	32 oz. cup	479	680	90	10	7	0	45	190	137	0	118	6	15	4	25	2
Strawberry Smootherie	16 oz. cup	243	360	50	6	4.5	0	25	85	70	0	59	3	6	2	15	0
Strawberry Smootherie	20 oz. cup	272	370	50	6	4.5	0	25	90	74	0	63	3	6	2	15	0
Strawberry Smootherie	32 oz. cup	447	610	90	10	7	0	45	170	121	0	102	6	15	4	25	2
Blendrrr																	
Reese's® Peanut Butter Fudge Blendrrr	16 oz. cup	260	700	370	41	30	0	15	180	103	3	66	7	6	2	10	6
Reese's® Peanut Butter Fudge Blendrrr	20 oz. cup	288	710	370	41	30	0	15	180	108	3	70	7	6	2	10	6
Reese's® Peanut Butter Fudge Blendrrr	32 oz. cup	516	1360	710	79	57	0	30	360	203	5	131	14	15	4	25	15
Chocolate Fudge Blendrrr	16 oz. cup	217	490	270	30	25	0	10	100	68	1	46	4	6	2	8	6
Chocolate Fudge Blendrrr	20 oz. cup	260	560	290	32	27	0	10	125	92	2	56	4	6	2	8	6
Chocolate Fudge Blendrrr	32 oz. cup	445	1010	530	59	49	0	25	220	152	3	97	8	15	4	20	10
Oreo® Cookies & Cream Blendrrr	16 oz. cup	201	340	110	12	6	0	10	230	56	1	44	4	6	2	10	10
Oreo® Cookies & Cream Blendrrr	20 oz. cup	247	430	130	15	7	0	10	310	72	2	56	5	6	2	10	15
Oreo® Cookies & Cream Blendrrr	32 oz. cup	395	650	190	21	10	0	25	450	109	2	84	8	15	4	20	20
Limeades																	
Limeade	12 oz. cup	273	140	0	0	0	0	0	25	38	0	33	0	0	4	0	0
Limeade	16 oz. cup	367	210	0	0	0	0	0	40	55	0	46	0	0	4	0	0
Limeade	20 oz. cup	452	250	0	0	0	0	0	45	66	0	56	0	0	4	0	0
Limeade	32 oz. cup	716	390	0	0	0	0	0	70	103	0	90	0	0	4	0	0
Strawberry Limeade	12 oz. cup	313	230	0	0	0	0	5	35	58	0	49	0	0	4	2	0
Strawberry Limeade	16 oz. cup	407	290	0	0	0	0	5	45	75	0	62	0	0	4	2	0
Strawberry Limeade	20 oz. cup	532	420	0	0	0	0	15	60	105	0	88	0	0	4	4	0
Strawberry Limeade	32 oz. cup	796	560	0	0	0	0	15	85	143	0	121	0	0	4	4	0
Cherry Limeade	12 oz. cup	286	190	0	0	0	0	0	30	51	0	45	0	0	4	0	0
Cherry Limeade	16 oz. cup	389	300	0	0	0	0	0	45	79	0	70	0	0	4	0	0
Cherry Limeade	20 oz. cup	474	340	0	0	0	0	0	55	90	0	80	0	0	4	0	0
Cherry Limeade	32 oz. cup	747	530	0	0	0	0	0	85	138	0	124	0	0	4	0	0
Slushees																	
Cherry Slushee	12 oz. cup	338	330	0	0	0	0	0	40	83	0	80	0	0	6	0	0
Cherry Slushee	16 oz. cup	460	450	0	0	0	0	0	50	112	0	108	0	0	8	0	0
Cherry Slushee	20 oz. cup	583	570	0	0	0	0	0	65	141	0	136	0	0	10	0	0
Cherry Slushee	32 oz. cup	921	900	0	0	0	0	0	105	224	0	216	0	0	20	0	0
Watermelon Slushee	12 oz. cup	339	270	0	0	0	0	0	50	73	0	63	0	0	6	0	0
Watermelon Slushee	16 oz. cup	462	360	0	0	0	0	0	65	99	0	85	0	0	8	0	0
Watermelon Slushee	20 oz. cup	584	460	0	0	0	0	0	85	124	0	107	0	0	10	0	0
Watermelon Slushee	32 oz. cup	923	720	0	0	0	0	0	130	197	0	170	0	0	20	0	0
Lemon Slushee	12 oz. cup	337	330	0	0	0	0	0	35	82	0	77	0	0	6	0	0
Lemon Slushee	16 oz. cup	458	440	0	0	0	0	0	45	110	0	104	0	0	8	0	0
Lemon Slushee	20 oz. cup	580	560	0	0	0	0	0	60	139	0	131	0	0	10	0	0
Lemon Slushee	32 oz. cup	917	890	0	0	0	0	0	90	221	0	207	0	0	20	0	0
Lime Slushee	12 oz. cup	339	280	0	0	0	0	0	35	69	0	54	0	0	6	0	0
Lime Slushee	16 oz. cup	462	380	0	0	0	0	0	50	94	0	74	0	0	8	0	0
Lime Slushee	20 oz. cup	584	480	0	0	0	0	0	60	119	0	94	0	0	10	0	0
Lime Slushee	32 oz. cup	923	770	0	0	0	0	0	100	188	0	148	0	0	20	0	0
Blue Raspberry Slushee	12 oz. cup	339	270	0	0	0	0	0	35	67	0	63	0	0	6	0	0
Blue Raspberry Slushee	16 oz. cup	461	370	0	0	0	0	0	45	91	0	85	0	0	8	0	0
Blue Raspberry Slushee	20 oz. cup	584	570	0	0	0	0	0	65	142	0	137	0	0	10	0	0
Blue Raspberry Slushee	32 oz. cup	922	740	0	0	0	0	0	95	182	0	170	0	0	20	0	0
ROOT BEER																	
A&W® Regular Root Beer	kids	12 fl.oz.	160	0	0	0	0	0	30	43	0	43	0	0	0	0	0
A&W® Regular Root Beer	small	16 fl.oz.	220	0	0	0	0	0	40	58	0	58	0	0	0	0	0
A&W® Regular Root Beer	regular	20 fl.oz.	270	0	0	0	0	0	50	72	0	72	0	0	0	0	0
A&W® Regular Root Beer	large	32 fl.oz.	440	0	0	0	0	0	80	116	0	116	0	0	0	0	0
A&W® Regular Root Beer	half gallon jug	64 fl. oz.	880	0	0	0	0	0	160	232	0	232	0	0	0	0	0
A&W® Regular Root Beer	gallon jug	128 fl. oz.	1760	0	0	0	0	0	320	464	0	464	0	0	0	0	0
A&W® Diet Root Beer	kids	12 fl.oz.	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0
A&W® Diet Root Beer	small	16 fl.oz.	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0
A&W® Diet Root Beer	regular	20 fl.oz.	0	0	0	0	0	0	50	0	0	0	0	0	0	0	0
A&W® Diet Root Beer	large	32 fl.oz.	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0
A&W® Diet Root Beer	half gallon jug	64 fl. oz.	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
A&W® Diet Root Beer	gallon jug	128 fl. oz.	0	0	0	0	0	0	320	0	0	0	0	0	0	0	0
OTHER BEVERAGES																	
Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	35	42	0	40	0	0	0	0	0
Pepsi®	small	16 fl.oz.	200	0	0	0	0	0	50	56	0	54	0	0	0	0	0
Pepsi®	regular	20 fl.oz.	250	0	0	0	0	0	60	70	0	67	0	0	0	0	0
Pepsi®	large	32 fl.oz.	400	0	0	0	0	0	100	112	0	108	0	0	0	0	0
Mountain Dew®	kids	12 fl.oz.	160	0	0	0	0	0	50	43	0	43	0	0	0	0	0
Mountain Dew®	small	16 fl.oz.	220	0	0	0	0	0	70	58	0	58	0	0	0	0	0
Mountain Dew®	regular	20 fl.oz.	270	0	0	0	0	0	85	72	0	72	0	0	0	0	0
Mountain Dew®	large	32 fl.oz.	440	0	0	0	0	0	140	116	0	116	0	0	0	0	0
Sierra Mist®	kids	12 fl.oz.	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Sierra Mist®	small	16 fl.oz.	200	0	0	0	0	0	40	54	0	54	0	0	0	0	0
Sierra Mist®	regular	20 fl.oz.	250	0	0	0	0	0	50	67	0	67	0	0	0	0	0
Sierra Mist®	large	32 fl.oz.	400	0	0	0	0	0	80	108	0	108	0	0	0	0	0
Dr. Pepper®	kids	12 fl.oz.	150	0	0	0	0	0	50	40	0	40	0	0	0	0	0
Dr. Pepper®	small	16 fl.oz.	200	0	0	0	0	0	70	54	0	54	0	0	0	0	0
Dr. Pepper®	regular	20 fl.oz.	250	0	0	0	0	0	85	67	0	67	0	0	0	0	0
Dr. Pepper®	large	32 fl.oz.	400	0	0	0	0	0	140	108	0	108	0	0	0	0	0

% DAILY VALUE



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Tropicana® Lemonade	kids	12 fl.oz.	150	0	0	0	0	0	160	41	0	41	0	0	0	0	0
Tropicana® Lemonade	small	16 fl.oz.	200	0	0	0	0	0	210	54	0	54	0	0	0	0	0
Tropicana® Lemonade	regular	20 fl.oz.	250	0	0	0	0	0	265	68	0	68	0	0	0	0	0
Tropicana® Lemonade	large	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0	0	0	0	0
Tropicana® Twister® Orange	kids	12 fl.oz.	170	0	0	0	0	0	40	47	0	45	0	0	0	0	0
Tropicana® Twister® Orange	small	16 fl.oz.	220	0	0	0	0	0	50	62	0	60	0	0	0	0	0
Tropicana® Twister® Orange	regular	20 fl.oz.	280	0	0	0	0	0	65	78	0	75	0	0	0	0	0
Tropicana® Twister® Orange	large	32 fl.oz.	440	0	0	0	0	0	100	124	0	120	0	0	0	0	0
Tropicana® Fruit Punch	kids	12 fl.oz.	160	0	0	0	0	0	35	45	0	45	0	0	0	0	0
Tropicana® Fruit Punch	small	16 fl.oz.	220	0	0	0	0	0	50	60	0	60	0	0	0	0	0
Tropicana® Fruit Punch	regular	20 fl.oz.	270	0	0	0	0	0	60	75	0	75	0	0	0	0	0
Tropicana® Fruit Punch	large	32 fl.oz.	440	0	0	0	0	0	100	120	0	120	0	0	0	0	0
Wild Cherry Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	30	42	0	42	0	0	0	0	0
Wild Cherry Pepsi®	small	16 fl.oz.	200	0	0	0	0	0	40	56	0	56	0	0	0	0	0
Wild Cherry Pepsi®	regular	20 fl.oz.	400	0	0	0	0	0	80	112	0	112	0	0	0	0	0
Wild Cherry Pepsi®	large	32 fl.oz.	500	0	0	0	0	0	100	140	0	140	0	0	0	0	0
Lipton® Raspberry Tea	kids	12 fl.oz.	120	0	0	0	0	0	35	31	0	31	0	0	0	0	0
Lipton® Raspberry Tea	small	16 fl.oz.	160	0	0	0	0	0	50	42	0	42	0	0	0	0	0
Lipton® Raspberry Tea	regular	20 fl.oz.	200	0	0	0	0	0	60	52	0	52	0	0	0	0	0
Lipton® Raspberry Tea	large	32 fl.oz.	320	0	0	0	0	0	100	84	0	84	0	0	0	0	0
Iced Tea (unsweetened)	kids	12 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	small	16 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	regular	20 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	large	32 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Pepsi®	kids	12 fl.oz.	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0
Diet Pepsi®	small	16 fl.oz.	0	0	0	0	0	0	50	0	0	0	0	0	0	0	0
Diet Pepsi®	regular	20 fl.oz.	0	0	0	0	0	0	65	0	0	0	0	0	0	0	0
Diet Pepsi®	large	32 fl.oz.	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Diet Mountain Dew®	kids	12 fl.oz.	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Diet Mountain Dew®	small	16 fl.oz.	0	0	0	0	0	0	80	0	0	0	0	0	0	0	0
Diet Mountain Dew®	regular	20 fl.oz.	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Diet Mountain Dew®	large	32 fl.oz.	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
Coffee	regular	12 fl.oz.	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Milk 2%	half pint	8 fl. oz.	140	45	5	3	0	25	140	14	0	14	10	10	0	50	0

g = gram mg = milligram

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication.

Data Revised: May 2010



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