

	NUTRITION INFORMATION											ALLERGENS						
	Serving Size	Total Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	EGG	FISH	MILK	SOY	WHEAT	PEANUT	TREE NUT
Mountain Dew	22 fl oz	300	0	*	*	*	95	80	*	80	0							
Mug Root Beer	22 fl oz	260	0	*	*	*	80	72	*	72	0							
Pepsi	22 fl oz	280	0	*	*	*	60	76	*	76	0							
Tropicana Fruit Punch	22 fl oz	310	0	*	*	*	65	83	*	82	0							
Tropicana Pink Lemonade	22 fl oz	280	0	*	*	*	285	74	*	73	0							
Diet Mountain Dew	12 fl oz	0	0	*	*	*	55	1	*	0	0							
Diet Pepsi	12 fl oz	0	0	*	*	*	55	0	*	0	0							
Dr Pepper	12 fl oz	140	0	*	*	*	45	39	*	38	0							
Lipton Brewed Tea, Sweetened	12 fl oz	100	0	*	*	*	95	27	*	27	0							
Lipton Brewed Tea, Unsweetened	12 fl oz	0	0	*	*	*	120	0	*	0	0							
Mist Twist	12 fl oz	150	0	*	*	*	35	41	*	41	0							
Mountain Dew	12 fl oz	160	0	*	*	*	50	44	*	44	0							
Mug Root Beer	12 fl oz	140	0	*	*	*	45	39	*	39	0							
Pepsi	12 fl oz	150	0	*	*	*	30	41	*	41	0							
Tropicana Fruit Punch	12 fl oz	170	0	*	*	*	35	45	*	45	0							
Tropicana Pink Lemonade	12 fl oz	150	0	*	*	*	155	40	*	40	0							

*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber

**Menu item not available in all locations

◆ Boiling Springs, Summerville, Raleigh, Charlotte, Madison, Birmingham, Huntsville, Nashville, Murfreesboro, and Savannah restaurants only

◆◆ For all locations except Boiling Springs, Summerville, Raleigh, Charlotte, Madison, Birmingham, Huntsville, Nashville, Murfreesboro, and Savannah

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Prepared and Reviewed by Patricia Wynkoop, RDN, LD April 2019