



## Nutritional Facts



Food Products	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Serving Size (g)
Turkey Hot Dog on a Stick	250	14	3	0	40	700	22	1	6	9	92
Veggie Dog on a Stick	220	8	1.5	0	7	570	24	2	5	12	92
American Cheese on a Stick	260	16	7	0.5	45	640	21	1	5	9	76
Pepperjack Cheese on a Stick	240	14	6	0	40	590	19	1	4	8	70
French Fries	400	21	3.5	0	0	75	49	5	0	4	121
Beef Hot Dog on a Bun	470	29	12	1	55	1220	36	2	7	15	141
Funnel Cake Sticks	210	8	1.5	0	6	200	31	<1	9	2	60
Fish Platter	320	21	3.5	0	45	410	24	1	1	11	113.4
Zucchini Platter	780	68	11	0	0	700	35	5	6	6	279
Fish & Zucchini Platter	560	37	6	0	79	718	42	1	2	20	198.5
Fish & Zucchini Platter (in the state of HI)	710	55	9.5	0	45	760	42	3.5	4	14	283.5

Beverages	Calories	Carbs (g)	Sodium (mg)	Sugar (g)	Serving Size (oz)
Original Lemonade (kids size)	110	28	10	26	12
Original Lemonade (regular size)	150	38	15	35	16
Original Lemonade (large size)	300	76	30	69	32
Original Frozen Lemonade (kids)	160	40	10	34	12
Original Frozen Lemonade (regular)	210	53	15	45	16
Original Frozen Lemonade (large)	430	106	25	90	32
Cherry Lemonade (kids size)	170	43	15	40	12
Cherry Lemonade (regular size)	210	52	20	49	16
Cherry Lemonade (large size)	410	103	40	97	32
Cherry Frozen Lemonade (kids)	220	54	15	48	12
Cherry Frozen Lemonade (regular)	270	67	20	59	16
Cherry Frozen Lemonade (large)	540	134	35	118	32
Lime Lemonade (kids size)	190	48	15	45	12
Lime Lemonade (regular size)	230	57	20	54	16
Lime Lemonade (large size)	450	114	40	108	32
Lime Frozen Lemonade (kids)	240	59	15	53	12
Lime Frozen Lemonade (regular)	290	72	20	65	16
Lime Frozen Lemonade (large)	580	145	40	129	32
Lite Lemonade (kids)	25	6	10	3	12
Lite Lemonade (regular)	30	8	15	3	16
Lite Lemonade (large)	60	15	30	7	32
Sugar Free Lemonade (kids)*	10	2	15	0	12
Sugar Free Lemonade (regular)*	13	3	18	0	16
Sugar Free Lemonade (large)*	25	6	40	0	32



\*Without any sugar or artificial sweetener added.

These beverages do not contain fat, saturated fat, trans fat, cholesterol or fiber.

The dietary guidelines for Americans recommends limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily caloric consumption.