

Base	Serving Size	Calories	Calories From Fat	Fat Grams	% DV	Saturated Fat (g)	% DV	Trans Fat	Cholesterol (mg)	% DV	Sodium (mg)	% DV	Carbohydrates (g)	% DV	Fiber (g)	% DV	Sugar (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (%DV)	Calcium (% DV)	Iron (% DV)	
KID'S SHAKES																							
Chocolate Shake	Soft-Serve	As Prepared	380	150	17	26%	11	55%	0.5	55	18%	160	7%	51	17%	1	4%	39	7	10%	2%	20%	4%
Caramel Shake	Soft-Serve	As Prepared	400	160	18	28%	11	55%	0.5	60	20%	185	8%	53	18%	0	0%	41	7	10%	4%	25%	0%
Strawberry Shake	Soft-Serve	As Prepared	320	80	9	14%	5	25%	0.0	30	10%	130	5%	54	18%	1	4%	47	7	6%	25%	25%	0%
Vanilla Shake	Soft-Serve	As Prepared	320	150	17	26%	11	55%	0.5	55	18%	115	5%	37	12%	0	0%	31	6	10%	2%	20%	0%
Root Beer Shake	Soft-Serve	As Prepared	320	150	17	26%	11	55%	0.5	55	18%	115	5%	37	12%	0	0%	31	6	10%	2%	20%	0%
Pineapple Shake	Soft-Serve	As Prepared	380	150	17	26%	11	55%	0.5	55	18%	125	5%	52	17%	0	0%	47	6	10%	8%	25%	2%
Butterscotch Shake	Soft-Serve	As Prepared	440	150	17	26%	11	55%	0.5	55	18%	210	9%	66	22%	0	0%	56	6	10%	4%	20%	2%
Cherry Shake	Soft-Serve	As Prepared	320	150	17	26%	11	55%	0.5	55	18%	115	5%	37	12%	0	0%	31	6	11%	3%	23%	0%
Raspberry Shake	Soft-Serve	As Prepared	350	150	17	26%	11	55%	0.5	55	18%	110	5%	44	15%	0	0%	39	6	10%	10%	20%	0%
Banana Shake	Soft-Serve	As Prepared	370	150	17	26%	11	55%	0.5	55	18%	110	5%	49	16%	2	8%	42	7	10%	10%	20%	2%
KID'S SIGNATURE SUNDAES																							
O'O Sundae	Soft-Serve	As Prepared	340	130	15	23%	7	35%	N/A	330	110%	230	10%	50	17%	2	8%	34	4	6%	2%	10%	10%
Cow Spot Sundae	Soft-Serve	As Prepared	320	130	14	22%	7	35%	0.0	30	10%	100	4%	47	16%	1	4%	38	4	6%	2%	10%	4%
KID'S FROSTBITES																							
Ice Cream	Soft-serve	8.5 ounces	410	170	19	29%	12	60%	0.5	65	22%	160	7%	49	16%	0	0%	42	9	10%	4%	35%	0%
OR																							
French Vanilla Yogurt	Lowfat	8.5 ounces	330	60	7	11%	4	20%	0.0	15	5%	250	10%	59	20%	0	0%	49	7	4%	4%	25%	0%
ADD AN INCLUSION:																							
Oreo Cookie Pieces		1 ounce	140	50	6	9%	1	5%	1.0	0	0%	145	6%	20	7%	1	4%	12	1	0%	0%	0%	8%
Reese's Cups - Chopped		1 ounce	160	80	9	14%	3	15%	0.0	0	0%	80	3%	16	5%	0	0%	13	3	0%	0%	2%	2%
Snickers - Chopped		1 ounce	140	60	7	11%	3	15%	0.0	5	2%	70	3%	14	5%	1	4%	14	2	0%	0%	2%	0%
M & M's		1 ounce	140	50	6	9%	4	20%	0.0	10	3%	20	1%	20	7%	1	4%	18	1	2%	0%	2%	2%
Heath Bars - Crushed		1 ounce	160	80	9	14%	4	20%	1.5	10	3%	110	5%	18	6%	0	0%	17	1	2%	0%	2%	0%
Butterfingers - Crushed		1 ounce	130	45	5	8%	3	15%	0.0	0	0%	65	3%	20	7%	0	0%	14	2	0%	0%	0%	0%
Cookie Dough Pieces		1 ounce	120	35	4	6%	2	10%	0.0	15	5%	90	4%	20	7%	0	0%	12	1	2%	0%	2%	0%
Gummie Bears		1 ounce	100	0	0	0%	0	0%	0.0	0	0%	10	0%	23	8%	0	0%	16	1	0%	0%	0%	0%
Take Five Pieces		1 ounce	140	65	7	11%	4	20%	0.0	0	0%	120	5%	17	6%	1	4%	12	3	0%	0%	2%	2%

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KID'S U-PIK-EM SUNDAES																							
Ice Cream	Soft-Serve	3 ounces	150	60	7	11%	4	20%	0.0	20	7%	55	2%	17	6%	0	0%	18	3	4%	2%	10%	0%
ADD ANY TWO OF THE FOLLOWING:																							
Chocolate Syrup		1 ounce	70	5	0	0%	0	0%	0.0	0	0%	50	2%	16	5%	1	4%	10	0	0%	0%	0%	4%
Strawberry Topping		1 ounce	30	0	0	0%	0	0%	0.0	0	0%	0	0%	8	3%	0	0%	7	0	0%	15%	0%	0%
Butterscotch Topping		1 ounce	130	0	0	0%	0	0%	0.0	0	0%	100	4%	31	10%	0	0%	26	0	0%	0%	0%	0%
Caramel Topping		1 ounce	90	10	1	2%	1	5%	0.0	5	2%	80	3%	18	6%	0	0%	11	0	2%	0%	2%	0%
Pineapple Topping		1 ounce	70	0	0	0%	0	0%	0.0	0	0%	15	1%	17	6%	0	0%	17	0	0%	4%	0%	2%
Marshmallow Topping		1 ounce	90	0	0	0%	0	0%	0.0	0	0%	30	1%	22	7%	0	0%	16	0	0%	0%	0%	0%
Raspberry Topping		1 ounce	35	0	0	0%	0	0%	0.0	0	0%	0	0%	9	3%	0	0%	9	0	0%	8%	0%	0%
Oreo Cookie Pieces		1 ounce	140	50	6	9%	1	5%	1	0	0%	145	6%	20	7%	1	4%	12	1	0%	0%	0%	8%
Reese's Cups - Chopped		1 ounce	160	80	9	14%	3	15%	0	0	0%	80	3%	16	5%	0	0%	13	3	0%	0%	2%	2%
Snickers - Chopped		1 ounce	140	60	7	11%	3	15%	0	5	2%	70	3%	14	5%	1	4%	14	2	0%	0%	2%	0%
M & M's		1 ounce	140	50	6	9%	4	20%	0	10	3%	20	1%	20	7%	1	4%	18	1	2%	0%	2%	2%
Heath Bars - Crushed		1 ounce	160	80	9	14%	4	20%	2	10	3%	110	5%	18	6%	0	0%	17	1	2%	0%	2%	0%
Butterfingers - Crushed		1 ounce	130	45	5	8%	3	15%	0	0	0%	65	3%	20	7%	0	0%	14	2	0%	0%	0%	0%
Cookie Dough Pieces		1 ounce	120	35	4	6%	2	10%	0	15	5%	90	4%	20	7%	0	0%	12	1	2%	0%	2%	0%