

Out & About Nutritional Information

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value*	Saturated Fat	% Daily Value*	Trans Fat (g)	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value*	Carbohydrates (g)	% Daily Value*	Dietary Fiber (g)	% Daily Value*	Sugars (g)	Protein (g)	% Vitamin A	& Vitamin C	% Calcium	% Iron
Sandwiches																						
Hamburger w/Onion	243	390	170	19	30	5	27	0	40	13	650	27	39	13	3	11	10	16	10	15	4	20
Cheeseburger w/Onion	268	480	240	27	41	10	51	0.5	60	20	1000	42	39	13	3	11	10	22	15	15	20	20
Double Cheeseburger w/Onion	330	670	370	41	63	18	90	1	120	40	1440	60	39	13	3	11	10	37	20	15	35	30
BMC (Bun, 2xMeat & 3xCheese)	228	667	390	43.3	68	18	93	1.2	154	52	1281	53	25.1	8.2	0.2	3	6.3	42	0	0	13	6
Grilled Cheese (Dbl Chsburger w/o meat)	216	392	208	23	35	11	56	0	22	8	1346	56	39	13	3	11	10	9.8	20	15	35	30
Kids Grilled Cheese	77	246	115	12.7	20	7	36	0	34	12	746	31	21.6	7.2	0	2	3.2	11	0	0	10	6
Sides																						
French Fries	227	736	331.2	36.8	57	5.2	26	0	0	0	515	21	92.8	31	8.8	35	0	8.8	0	0	2	10
Sweet Potato Fries	227	395	168.3	18.7	29	0	0	0	0	0	668	28	47.9	16	6.2	25	22.9	4.2	0	0	0	0
Shakes																						
Chocolate Shake	20 oz	852	525.8	58.7	90	38	189.5	0.5	64	21	357.5	15	68.5	23	0	0	42	15	10	0	0	3
Vanilla Shake	20 oz	846	532.3	59.2	91	38	192	0.5	60	20	384	16	65	22	0	0	384	15	10	0	20	0
Strawberry Shake	20 oz	852	512.3	56.7	87	36	181.5	0.5	57	20	310.5	13	73.5	24	0	0	50.5	15	10	0	20	0
Sodas																						
Coca-Cola Classic	12 oz	143	0	0	0	0	0	0	0	0	49	2	39.9	13	0	0	39.9	0	0	0	0	0
Diet Pepsi	12 oz	0	0	0	0	0	0	0	0	0	38	2	0	0	0	0	0	0	0	0	0	0
Seven Up	12 oz	150	0	0	0	0	0	0	0	0	45	2	40.5	14	0	0	40.5	0	0	0	0	0
Dr Pepper	12 oz	150	0	0	0	0	0	0	0	0	53	2	40.5	14	0	0	40.5	0	0	0	0	0
Root Beer	12 oz	152	0	0	0	0	0	0	0	0	48	2	39.2	13	0	0	39.2	0	0	0	0	0
Coca-Cola Classic	18 oz	215	0	0	0	0	0	0	0	0	73	3	59.9	20	0	0	59.9	0	0	0	0	0
Diet Pepsi	18 oz	0	0	0	0	0	0	0	0	0	56	2	0	0	0	0	0	0	0	0	0	0
Seven Up	18 oz	225	0	0	0	0	0	0	0	0	68	3	60.8	20	0	0	60.8	0	0	0	0	0
Dr Pepper	18 oz	225	0	0	0	0	0	0	0	0	79	3	60.8	20	0	0	60.8	0	0	0	0	0
Root Beer	18 oz	227	0	0	0	0	0	0	0	0	72	3	58.8	20	0	0	58.8	0	0	0	0	0

* Percent Daily Values are based on a 2000 calorie diet

Coca-Cola Classic is a registered trademark of The Coca-Cola Company.

Diet Pepsi is a registered trademark of Pepsico.

Seven Up and Dr. Pepper are registered trademarks of

Dr Pepper/Seven Up, Inc.

