



## Nutritional Information

	<i>Serving Size</i>	<i>Total Calories (cal)</i>	<i>Calories from Fat (fat cal)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
<b>Kolaches</b>												
Big Earl	1 Ea.	510	280	31	13	0	46	1179	41	2	5	15
Egg & Cheese	1 Ea.	340	140	16	7	0	51	593	39	2	5	9
Ham & Cheese	1 Ea.	360	140	16	7	0	25	832	39	2	5	13
Ham, Egg & Cheese	1 Ea.	370	150	17	7	0	61	877	40	2	6	14
Sausage & Cheese	1 Ea.	440	220	25	10	0	36	903	39	2	4	12
Sausage Plain	1 Ea.	380	180	21	8	0	21	664	39	2	4	10
Sausage, Cheese & Jalapeno	1 Ea.	440	220	25	10	0	36	1161	40	2	4	12
Sausage, Egg & Cheese	1 Ea.	450	230	26	11	0	72	948	40	2	5	14
<b>Do-Nuts</b>												
<b>Do-Nut Holes</b>												
Glazed	1 Dz.	750	450	50	25	0	0	369	67	2	23	7
Iced w/ Sprinkles	1 Dz.	960	540	60	32	0	0	375	98	2	49	7
<b>Filled</b>												
Apple Filled	1 Ea.	220	90	10	5	0	0	150	29	1	12	2
Bavarian Filled	1 Ea.	220	100	11	5	0	0	163	27	1	11	2
Blueberry Filled	1 Ea.	220	90	10	5	0	0	171	29	1	13	2
Cherry Filled	1 Ea.	220	90	10	5	0	0	150	29	1	12	2
Chocolate Chocolate Filled (Devil Food)	1 Ea.	380	150	17	8	0	0	180	54	1	36	3
Chocolate Cream Filled	1 Ea.	260	130	15	7	0	0	150	30	1	14	3
Chocolate Filled	1 Ea.	380	150	17	8	0	0	182	54	1	36	3
Cream Filled	1 Ea.	260	130	15	7	0	0	152	30	1	14	2
Lemon Filled	1 Ea.	230	100	11	5	0	2	176	29	1	11	2
Raspberry Filled	1 Ea.	230	90	10	5	0	0	168	31	1	13	2
Strawberry Filled	1 Ea.	220	90	10	5	0	0	166	30	1	12	2
<b>Glazed</b>												
Chocolate Glazed	1 Ea.	180	90	10	5	0	0	123	20	1	5	3
Plain Glazed	1 Ea.	190	90	10	5	0	0	125	20	1	5	2
<b>Iced</b>												
Cherry Iced	1 Ea.	190	100	11	5	0	0	125	21	1	7	2
Cherry Iced Sprinkles	1 Ea.	230	110	12	7	0	0	126	27	1	11	2
Chocolate Iced	1 Ea.	200	100	11	5	0	0	145	22	1	7	3
Chocolate Iced Nut	1 Ea.	240	140	16	6	0	0	145	23	1	7	4
Chocolate Iced Sprinkles	1 Ea.	230	110	12	7	0	0	146	27	1	11	3
Coconut Iced	1 Ea.	230	120	13	5	0	0	139	25	1	9	3
Maple Iced	1 Ea.	190	100	11	5	0	0	130	22	1	7	2
Strawberry Iced	1 Ea.	190	100	11	5	0	0	125	21	1	7	2
Strawberry Iced Sprinkles	1 Ea.	230	110	12	7	0	0	126	27	1	11	2
White Iced	1 Ea.	190	100	11	5	0	0	125	21	1	7	2
White Iced Sprinkles	1 Ea.	230	110	12	7	0	0	126	27	1	11	2
<b>Sugar</b>												
Sugarwhite	1 Ea.	190	90	10	5	0	0	120	23	1	6	2
Cinnamon Sugar	1 Ea.	200	90	10	5	0	0	120	23	1	9	2
Plain Sugar	1 Ea.	200	90	10	5	0	0	120	23	1	9	2
<b>Assorted</b>												
Apple Fritters	1 Ea.	360	130	15	7	0	0	322	51	2	13	6
Bear Claws	1 Ea.	320	130	15	7	0	0	287	39	2	4	6
Beignets	1 Ea.	200	90	10	5	0	0	120	23	1	9	2
Butterfly Rolls	1 Ea.	320	130	15	7	0	0	287	39	2	4	6
Cinnamon Rolls	1 Ea.	320	130	15	7	0	0	287	39	2	4	6
Cinnamon Twist	1 Ea.	340	130	15	7	0	0	288	46	2	12	6



# Shipley DO-NUTS

ESTABLISHED 1936

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<b>Assorted</b>												
Cream Cheese Roll	1 Ea.	310	100	17	5	0	3	320	45	2	8	6
Filled Bars	1 Ea.	410	150	17	8	0	0	377	57	2	20	6
Iced Nut Roll	1 Ea.	440	190	21	8	0	0	347	55	3	17	7
Old Fashioned Cinn. Rolls	1 Ea.	310	80	9	4	0	0	298	50	2	15	6
<b>Cake Do-Nuts</b>												
<b>Blueberry</b>												
Glazed	1 Ea.	180	80	13	6	0	0	212	22	1	11	2
Plain	1 Ea.	160	80	13	6	0	0	207	18	1	7	2
<b>Buttermilk</b>												
Glazed	1 Ea.	180	80	9	4	0	0	226	23	0	11	2
Plain	1 Ea.	160	80	9	4	0	0	221	19	0	7	2
<b>Cake</b>												
Cherry Iced	1 Ea.	190	80	9	5	0	0	227	24	1	13	2
Chocolate Iced	1 Ea.	190	90	9	5	0	0	246	25	1	13	2
Cinnamon Sugar	1 Ea.	190	80	9	4	0	0	221	26	1	14	2
Glazed	1 Ea.	180	80	9	4	0	0	226	23	1	11	2
Granulated Sugar	1 Ea.	190	80	9	4	0	0	221	26	1	15	2
Iced Coconut	1 Ea.	200	90	10	5	0	0	232	26	1	13	2
Iced Nut	1 Ea.	210	100	11	5	0	0	246	25	1	13	3
Maple Iced	1 Ea.	190	80	9	5	0	0	231	24	1	13	2
Plain	1 Ea.	160	80	9	4	0	0	221	19	1	7	2
Powdered Sugar	1 Ea.	220	80	9	4	0	0	221	33	1	22	2
Strawberry Iced	1 Ea.	190	80	9	5	0	0	227	24	1	13	2
White Iced	1 Ea.	190	80	9	5	0	0	227	24	1	13	2
<b>Pumpkin</b>												
Glazed	1 Ea.	180	80	9	4	0	0	212	15	1	11	2
Plain	1 Ea.	160	80	9	4	0	0	207	11	1	7	2
<b>Drinks</b>												
<b>Coffee</b>												
Small	8 Fl. Oz.	5	0	0	0	0	0	0	1	0	1	0
Medium	12 Fl. Oz.	5	0	0	0	0	0	0	1	0	1	0
Large	16 Fl. Oz.	10	0	0	0	0	0	0	1	0	1	0
Extra Large	32 Fl. Oz.	20	0	0	0	0	0	0	3	0	3	0
<b>Hot Chocolate</b>												
Small	8 Fl. Oz.	70	10	1	1	0	0	80	16	1	14	1
Medium	12 Fl. Oz.	110	20	2	2	0	0	120	24	1	21	2
Large	16 Fl. Oz.	150	20	3	2	0	0	160	32	1	28	3
Extra Large	32 Fl. Oz.	290	40	5	4	0	0	320	64	3	56	5
<b>Juice</b>												
Borden 100% Pure Orange Juice	16 Fl. Oz.	110	0	0	0	0	0	0	27	0	27	2
Minute Maid 100% Orange Juice	10 Fl. Oz.	140	0	0	0	0	0	20	33	0	30	0
Minute Maid Apple	10 Fl. Oz.	140	0	0	0	0	0	25	35	0	32	0
Minute Maid Mixed Berry	10 Fl. Oz.	150	0	0	0	0	0	25	36	0	34	0
<b>Milk</b>												
Borden Vitamin D Milk	16 Fl. Oz.	150	70	8	5	0	35	125	12	0	12	8
Borden Dutch Chocolate Milk	16 Fl. Oz.	210	70	8	5	0	30	210	27	0	25	8
Borden Strawberry Milk	16 Fl. Oz.	240	80	8	5	0	30	95	34	0	34	8
<b>Soft Drink</b>												
Sprite	20 Fl. Oz.	240	0	0	0	0	0	70	64	0	63	0
Mug Root Beer	20 Fl. Oz.	260	0	0	0	0	0	105	71	0	71	0
Dr. Pepper	20 Fl. Oz.	250	0	0	0	0	0	100	66	0	64	0
Diet Dr. Pepper	20 Fl. Oz.	0	0	0	0	0	0	100	0	0	0	0
Pepsi	20 Fl. Oz.	250	0	0	0	0	0	55	69	0	69	0

Nutritional information is based on standard product formulations, supplier provided data, published materials, industry standard software analysis and/or laboratory analysis.