



## 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

|                               | <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>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.