



# NUTRITIONAL INFORMATION & ALLERGENS GUIDE



## NUTRITIONAL & ALLERGEN INFORMATION

Milio's Sandwiches® Nutritional Guide April   2017	NUTRITIONAL INFORMATION																	ALLERGENS												
	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value for Total Fat	Saturated Fat (g)	% Daily Value for Saturated Fat	Trans Fat (g)	Cholesterol (mg)	% Daily Value for Cholesterol	Sodium (mg)	% Daily Value for Sodium	Total Carbohydrates (g)	% Daily Value for Total Carbohydrates	Dietary Fiber (g)	% Daily Values for Dietary Fiber	Sugars (g)	Protein (g)	Caffeine (mg)	Potassium (mg)	Phosphorus (mg)	Wheat / Gluten	Fish	Egg	Dairy	Soy	Tree Nuts	Peanut		
<b>CHIPS</b>																														
Cheetos - Crunchy	57	310	180	21	32%	4	16%	0	0%	500	21%	26	9%	1	4%	2	3													
Doritos - Cool Ranch	50	260	120	13	20%	2	9%	0	0%	320	13%	31	10%	3	11%	2	3													
Doritos - Nacho Cheese	50	240	120	14	22%	2	10%	0	0%	360	15%	28	9%	2	7%	1	3													
Lay's - BBQ	43	230	130	15	22%	2	10%	0	0%	230	10%	23	8%	2	7%	3	3													
Lay's - Classic	43	240	140	16	24%	2	8%	0	0%	250	10%	23	8%	2	7%	1	3													
Lay's - Sour Cream & Onion	43	240	130	15	23%	2	11%	0	0%	240	10%	23	8%	2	7%	1	3													
Lay's Kettle Cooked - Jalapeño	39	210	110	12	18%	2	10%	0	0%	180	8%	22	7%	2	8%	2	3													
Lay's Kettle Cooked - Lattice Cut Cheddar & Black Pepper	39	200	100	11	17%	2	8%	0	0%	190	8%	24	8%	2	8%	2	3													
Lay's Kettle Cooked - Sea Salt & Vinegar 40% Reduced Fat	39	180	60	8	12%	1	5%	0	0%	180	8%	27	9%	2	8%	2	3													
Lay's Oven Baked - BBQ	32	140	30	4	5%	1	3%	0	0%	220	9%	24	8%	2	8%	4	2													
Lay's Oven Baked - Original	32	130	20	2	3%	0	0%	0	0%	150	6%	26	9%	2	8%	2	2													
Lay's Oven Baked - Ruffles Cheddar & Sour Cream	32	130	30	4	6%	1	3%	0	0%	270	11%	24	8%	1	6%	2	2													
Miss Vickies - Jalapeño	39	210	110	12	18%	2	8%	0	0%	180	8%	22	7%	2	8%	2	3													
Miss Vickies - Smokehouse BBQ	39	210	100	12	18%	2	10%	0	0%	200	8%	23	8%	2	8%	3	2													
Sunchips - Garden Salsa	43	210	80	9	14%	1	6%	0	0%	220	9%	27	9%	4	15%	4	4													
Sunchips - Harvest Cheddar	43	210	80	9	14%	2	6%	0	0%	320	13%	27	9%	4	14%	3	4													
<b>SOFT DRINKS</b>																														
Lipton Brisk - Unsweetened Iced Tea (No Lemon): Reg. 16 oz.	16	0	0	0	0%	0	0%	0	0%	60	0.02	0	0%	0	0%	0	0	0	22	30	34									
Lipton Brisk - Unsweetened Iced Tea (No Lemon): Lrg. 32 oz.	32	0	0	0	0%	0	0%	0	0%	120	0.04	0	0%	0	0%	0	0	44	60	68										
Lipton Brisk - Peach Iced Green Tea (No Calorie): Reg. 16 oz.	16	0	0	0	0%	0	0%	0	0%	140	0.06	0	0%	0	0%	0	0	8	30	130										
Lipton Brisk - Peach Iced Green Tea (No Calorie): Lrg. 32 oz.	32	0	0	0	0%	0	0%	0	0%	280	0.12	0	0%	0	0%	0	0	16	60	260										
Lipton Brisk - Raspberry Iced Tea: Regular 16 oz.	16	100	0	0	0%	0	0%	0	0%	60	0.02	26	0.08	0	0%	26	0	7	20	0										
Lipton Brisk - Raspberry Iced Tea: Large 32 oz.	32	200	0	0	0%	0	0%	0	0%	120	0.04	52	0.16	0	0%	52	0	14	40	0										
Mountain Dew: Regular 16 oz.	16	220	0	0	0%	0	0%	0	0%	70	0.02	58	0.2	0	0%	58	0	72	10	0										
Mountain Dew: Large 32 oz.	32	440	0	0	0%	0	0%	0	0%	140	0.04	116	0.4	0	0%	116	0	144	20	0										
Diet Mountain Dew: Regular 16 oz.	16	0	0	0	0%	0	0%	0	0%	80	0.04	0	0%	0	0%	0	0	72	90	0										
Diet Mountain Dew: Large 32 oz.	32	0	0	0	0%	0	0%	0	0%	160	0.08	0	0%	0	0%	0	0	144	180	0										
Mug Rootbeer: Regular 16 oz.	16	200	0	0	0%	0	0%	0	0%	80	0.04	50	0.16	0	0%	50	0	20	7											
Mug Rootbeer: Large 32 oz.	32	400	0	0	0%	0	0%	0	0%	160	0.08	100	0.32	0	0%	100	0	40	14											
Pepsi: Regular 16 oz.	16	200	0	0	0%	0	0%	0	0%	40	0.02	56	0.18	0	0%	56	0	50	10	70										
Pepsi: Large 32 oz.	32	400	0	0	0%	0	0%	0	0%	80	0.04	112	0.36	0	0%	112	0	100	20	140										
Wild Cherry Pepsi: Regular 16 oz.	16	200	0	0	0%	0	0%	0	0%	40	0.02	56	0.18	0	0%	56	0	50	10	90										
Wild Cherry Pepsi: Large 32 oz.	32	400	0	0	0%	0	0%	0	0%	80	0.04	112	0.36	0	0%	112	0	100	20	180										
Diet Pepsi: Regular 16 oz.	16	0	0	0	0%	0	0%	0	0%	80	0.04	0	0%	0	0%	0	0	44	40	58										
Diet Pepsi: Large 32 oz.	32	0	0	0	0%	0	0%	0	0%	160	0.08	0	0%	0	0%	0	0	88	80	116										
Sierra Mist Twist: Regular 16 oz.	16	200	0	0	0%	0	0%	0	0%	40	0.02	54	0.18	0	0%	54	0	50	10	70										
Sierra Mist Twist: Large 32 oz.	32	400	0	0	0%	0	0%	0	0%	80	0.04	108	0.36	0	0%	108	0	100	20	140										
Sobe Lifewater - Yumberry Pomegranate: Reg. 16 oz.	16	0	0	0	0%	0	0%	0	0%	60	0.02	0	0%	0	0%	0	0	70	0											
Sobe Lifewater - Yumberry Pomegranate: Lrg. 32 oz.	32	0	0	0	0%	0	0%	0	0%	120	0.04	0	0%	0	0%	0	0	140	0											
Tropicana - Lemonade: Regular 16 oz.	16	200	0	0	0%	0	0%	0	0%	210	0.08	54	0.18	0	0%	54	0	50	10	70										
Tropicana - Lemonade: Large 32 oz.	32	400	0	0	0%	0	0%	0	0%	420	0.16	108	0.36	0	0%	108	0	100	20	140										
Tropicana - Pink Lemonade: Regular 16 oz.	16	200	0	0	0%	0	0%	0	0%	210	0.08	54	0.18	0	0%	54	0	50	10	70										
Tropicana - Pink Lemonade: Large 32 oz.	32	400	0	0	0%	0	0%	0	0%	420	0.16	108	0.36	0	0%	108	0	100	20	140										
Tropicana Twister - Orange: Regular 16 oz.	16	220	0	0	0%	0	0%	0	0%	50	0.02	62	0.2	0	0%	60	0	40	0											
Tropicana Twister - Orange: Large 32 oz.	32	440	0	0	0%	0	0%	0	0%	100	0.04	124	0.4	0	0%	120	0	80	0											
<b>BEVERAGES</b>																														
Bottled Water	20	0	0	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0	0	0	0										
1% Milk (Iowa & Wisconsin)	8	110	20	3	4%	2	8%	0	10%	135	6%	13	4%	0	0%	12	8	0	0											
Skim Milk (Minnesota)	10	110	0	0	1%	0	1%	0	6%	160	6%	15	5%	0	0%	15	10	0	0											
Recipes analyzed using software provided by Pepsi Foodservice, SYSCO Foodservice Distributors & the CBORD Group, Inc.	Percent Daily Values are based on a 2,000-calorie diet. Milio's® nutritional analysis is based on data collected from our manufacturers along with information from the USDA database. Recipes are from Milio's®. Ingredients and portion sizes may vary slightly. Some items may not be available in all restaurants and test products and test formulations have not been included. While ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual fill may be slightly less.																				1 - Use of soy in all products is highly refined and not subject to FDA listing as an allergen.									

