

INGREDIENTS & NUTRITIONAL INFORMATION



**FRIDLEY
THEATRES**

www.fridleytheatres.com

POPCORN SEEDS – Orville Redenbacher's

Ingredients: Orville Redenbacher's Gourmet Popping Corn.

OIL – LouAna – Pop-N-Lite Premium Popping Oil

Ingredients: Canola Oil, Coconut Oil, Natural & Artificial Flavors, Beta Carotene (Color), TBHQ & Citric Acid to Protect Flavor.

FLAVACOL – Gold Medal Seasoning Salt

Ingredients: Salt, Artificial Flavor, FD&C Yellow #5 Lake (E102), FD&C Yellow #6 Lake (E110).

BUTTER – Wisconsin's Choice – Buttery Oil Topping

Ingredients: Soybean Oil, TBHQ & Citric Acid to Protect Flavor, Natural & Artificial Flavors, Beta Carotene (Color).

NACHO CHEESE – Gehl's – Jalapeno Cheese Sauce

Ingredients: Cheese Whey, Water, Palm Oil, Modified Corn Starch, Cheddar Cheese (Milk Cultures, Salt and Enzymes), Modified Tapioca Starch, Contains 2% of: Jalapeno Puree (Jalapeno Peppers, Water, Acetic Acid, Salt, Calcium Chloride), Maltodextrin, Salt, Sodium Phosphate, Sodium Citrate, Vinegar, Sodium Stearoyl, Lactilate, Natural Flavor, Mono & Diglycerides, Sodium Hexametaphosphate, Annatto Color, Disodium Inosinate, FD&C Yellow 6.

HAMBURGER PATTY – Flame Broil Beef Steak Burger

Nutrition Facts:

Serving Size: 4.00 OZ (112 g)

Servings Per Container: 40

Calories / Calories from Fat: 300 / 210

% Daily Value **

Total Fat 23 g 35%

Saturated Fat 9 g 45%

Trans Fat 0 g

Cholesterol 90 mg 30%

Sodium 380 mg 16%

Total Carbohydrate 0 g 0%

Dietary Fiber 0 g 0%

Sugars 0 g

Protein 25 g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 10%

Ingredients:

Beef, Seasoning (Salt, Dextrose, Natural Flavors, Spice), Natural Favoring.

HAMBURGER BUN – Rotella’s Italian Bakery – 4” White Bun

Nutrition Facts

Serving Size 1 Roll
(75g) or (2.7ozs)
Servings 88
Calories 230
Fat Calories 50
Sat Fat Calories 10

*Percent Daily Values are
based on a 2,000 calorie diet

Amount Per Serving

Total Fat	6g	
Saturated Fat	1g	
Trans Fat	0g	
Cholesterol	0mg	
Sodium	370mg	
Total Carbohydrate	36g	
Fiber	1g	
Sol Fiber	0g	
Sugars	2g	
Protein	7g	
Vitamin A	0%	•
Calcium	15%	•
Thiamin	25%	•
Niacin	15%	•

Ingredients:

Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water Fully Refined Soybean Oil, Yeast, Granulated Sugar, Wheat Gluten, Salt, Calcium Propionate (to retain freshness), Dough Improver (Mated Wheat Flour, Enzymes and 2% or Less of Ascorbic Acid), Calcium Sulfate, Enzymes
CONTAINS: WHEAT.

VELVEETA – Cheese Slice

Ingredients: Whey, Milk, Milk Protein Concentrate, Modified Food Starch, Sodium Citrate, Maltodextrin, Gelatin, Salt, Sodium Phosphate, Calcium Phosphate, Milkfat, Whey Protein Concentrate, Sobric Acid as a Preservative, Canola Oil, Enzymes, Paprika Extract and Annatto (Color), Cheese Culture.

CHICKEN TENDERS – Tyson Golden Crispy

Ingredients: Portioned Chicken Tender with Rib Meat, Water, Seasoning (Maltodextrin, Salt, Sugar, Chicken Stock, Vegetable Stock (Carrot, Onion, Celery), Flavors, Carrot Powder & Garlic Powder, Sodium Phosphates, Salt, Modified Food Starch.

BREADED: Wheat Flour, Water, Bleached Wheat Flour, Salt, Wheat Gluten, Sugar, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Yeast Extract, Yellow Corn Flour, Onion Powder, Dextrose, Garlic Powder, Yeast, Spice, Extractives of Paprika, Annatto, and Turmeric, Disodium Inosinate and Disodium Guanylate. Breeding set in Vegetable Oil. CONTAINS: WHEAT.

CORNDOGS – Nathan's Famous Mini Corndog

Ingredients: Frank . Beef, Water, Contains Less than 2% Salt, Sorbitol, Sodium Lactate, Natural Flavorings, Sodium Phosphate, Hydrolyzed Corn Protein, Paprika, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite.

Batter and Breeding . Water, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Corn Meal & Corn Flour (Both Enrched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soy Flour Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Modified Corn Starch, Dextrose, Egg Yolks, Nonfat Milk, Sodium Caseinate.

FRIES – McCain Foods USA

Ingredients: Potatoes, Vegetable Oil (Contains One or More of the Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Potato Starch . Modified. Contains 2% or Less of Baking Soda, Dextrin, Dextrose, Rice Flour, Salt, Sodium Acid Pyrophosphate (Maintains Natural Color & Leavening), Xanthan Gum.

HOT DOG – Eisenberg Gourmet Beef Frank 5 to 1 – 6"

Ingredients:

Beef, water, salt, contains less than 2% of the following: flavorings, potassium lactate, sorbitol, sodium diacetate, paprika, sodium erythorbate, sodium nitrite, extract of paprika

Allergens: Does not contain any of the eight (8) major allergens identified under the Food Allergen Labeling and Consumer Protection Act of 2004

No MSG (monosodium glutamate)

Gluten Free as defined per FDA proposed rule 72 FR 2795

No Artificial Trans Fats

10/12/12

HOT DOG BUN – Eisenberg Gourmet Hot Dog Roll

Ingredients: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Water, High Fructose Corn Syrup, Soybean Oil, Contains 2% or Less of the Following: Yeast, Salt, Wheat Gluten, Spice and Coloring (Paprika and Turmeric), Dough Conditioners (Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Sodium Steroyl Lactylate, Ascorbic Acid, Polysorbate 60, Azodicarbonamide, Calcium Peroxide, Enzymes), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Natural and Artificial Flavors, Calcium Propionate (Preservative). CONTAINS: WHEAT.

JALAPENO POPPERS – McCain Foods Cream Cheese Breaded Stuffed Jalapenos

ADULT NUTRITION FACTS

Serving size: 2 pieces (65g)

Servings per container: 14

AMOUNT PER SERVING - % Daily Value*

Calories	190	
Calories from fat	90	
Total Fat	10g	15%
Saturated Fat	4g	20%
Mono Unsaturated Fat		
Poly Unsaturated Fat		
Trans Fat	0g	
Cholesterol	10mg	4%
Total Carbohydrate	19g	6%
Dietary fiber	1g	4%
Sodium	420mg	18%
Potassium		
Sugars	1g	
Protein	3g	
Vitamin A		4%
Vitamin C		4%
Calcium		4%
Iron		4%

Ingredients:

Green Jalapeno Peppers (Peppers, Water, Acetic Acid, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Cream Cheese (Pasteurized Milk & Cream, Cheese Culture, Salt, Stabilizers (Carob Bean, Xanthan and/or Guar Gums)), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Vegetable Oil (Soybean and/or Canola), Water, Palm Oil, Food Starch . Modified. Contains 2% or less of Apocarotenal (Color), Dextrose, Dried Onion, Dried Garlic, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Mono- and Diglycerides, Natural Flavor, Nonfat Milk, Paprika Oteorsein (Color), Salt Sodium Alginate, Spices, Vinegar, Yeast, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride).

STATE FAIR MINI DONUTS

Nutrition Facts

Serving Size 3 sugar/cinn donuts (34g)

Amount Per Serving

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 180mg 7%

Total Carbohydrate 19g 6%

Dietary Fiber 0g 0%

Sugars 10g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Nonfat Milk, Soy Flour, Egg Yolks, Water, Contains 2% or less of the following ingredients: Cinnamon, Artificial Flavor, Beta Carotene (as color), Cellulose Gum, Cornstarch, Dextrose, Enzymes, Gluconic Acid, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate) Mono- and Diglycerides, Salt, Sodium Propionate (Preservative), Sodium Stearoyl Lactylate, Soy Lecithin, Wheat Starch, Citric Acid, Nutmeg, Palm Oil

Produced in a nut free facility. Contains: Eggs, Milk, Soy, Wheat.

PIZZA – Ultimo!

Ingredients:

CRUST - Enriched Wheat Flour (Flour, Niacin, Iron Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Water, Soybean Oil, Yeast, Corn Syrup, Palm Oil, Cornmeal, Wheat Semolina, Sugar, Salt, Dough Conditioner (Datem, Wheat Gluten, Sugar, Dextrose, Malted Barley Flour, Guar Gum, Calcium Pyrophosphate, Ascorbic Acid, Enzyme), Sodium Bicarbonate, Sodium Aluminum Phosphate, Vital Wheat Gluten, Wheat Protein Isolate, Olive Oil, L-Cysteine.

TOPPINGS . Mozzarella Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Tomato Puree (Tomatoes, Salt, Citric Acid), Water, Contains 2% or Less of: White Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Seasoning (Modified Food Starch, Maltodextrin, Sugar, Salt, Dextrose, Spices, Dehydrated Garlic, Hydrolyzed Corn Protein, Paprika, Citric Acid, Xanthan Gum, Sodium Benzoate (to protect freshness), Corn Oil, Extractives of Paprika), Tomato Paste, Soybean Oil, Garlic Powder, Salt, Seasoning (Spices, Garlic Powder, Soybean Oil), Spice, Romano Cheese (Pasteurized Cow's Milk, Cheese Culture, Salt, Enzyme). CONTAINS: MILK AND WHEAT.

WHITE CASTLE BURGERS

Ingredients:

BUN: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Soybean Oil, Contains 2% or Less Of: Yeast, Salt, Calcium Stearoyl Lactylate, Vital Wheat Gluten, Corn Syrup Solids, Guar Gum, Monoglycerides, Oat Fiber, Monocalcium Phosphate, Sodium Alginate, Wheat Flour, Xanthan Gum, Ascorbic Acid (Vitamin C), Enzymes.

HAMBURGER: Beef

SHARP PASTEURIZED PROCESS AMERICAN CHEESE: Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), Sodium Phosphate, Artificial Color, Enzymes, Acetic Acid, Soy Lecithin.
Water, Dried Onion, Salt, Pepper

CONTAINS: WHEAT, MILK, SOY.

PRETZELS – J&J Snack Foods – Brenda’s Best Bavarian

Nutrition Facts

Serving Size: 1/4 Pretzel (50 G)
Serving Per Container: 160

Calories	140		
Calories from Fat	30		
	Per Serving	% Daily Value*	
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

Ingredients:

Enriched bleached wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil), yeast, sugar, salt, wheat gluten, mono & diglycerides, ascorbic acid, enzymes, bicarbonates and carbonates of soda

Allergen Information:

Contains: Wheat

Kosher Type:

N/A

Child Nutrition Statement:

ICING CUPS – Pretzel Haus Bakery

Ingredients: Sugar, Water, Palm Oil, Corn Syrup, Nonfat Dry Milk, Contains Less Than 2% Artificial Color, Mono & Diglycerides, Potassium Sorbate (preservative), Sodium Benzoate (preservative), Salt, Guar Gum, Natural & Artificial Flavors, Glucono Delta Lactone, Citric Acid. CONTAINS MILK.

Item	Serving Size (g)	Servings per Container	Pieces per Serving	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Total CHO (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Nathan's Mini Corndogs	85	1.5	10	230	130	14	4	0	20	400	20	0	5	5
Tyson Chicken Tenders	112	1.5	3	280	130	14	2.5	0	50	710	16	1	1	21
French Fries	85	2		140	50	6	1	0	0	420	21	2	0	2
Hamburger Patty	112	1	1	300	210		9	0	90	380	0	0	0	25
Hamburger Bun	2.66oz	1	1	230	50	6	1	0	0	370	36	1		7
Velveeta Cheese slice	21	1	1	40	15	2	1	0	10	320	3	0	2	3
Candy Selection:														
Airheads Bites Peg Bag 6 oz	40	4	17	160	15	1.5	15	0	0	0	37	0	28	0
Butterfinger Bites 3.5 oz	40	2	8	180	70	7	4	0	0	80	29	0	18	2
Dots 6.5 oz	29	4.5	11	100	0	0	0	0	0	10	24	0	15	0
Fluffy Stuff Cotton Candy 2.5 oz	71	1	1 bag	270	0	0	0	0	0	0	71	0	71	0
Hi-Chews 3.53 oz	40	2.5	8	170	35	3.5	2	0	0	0	33	0	24	0
Hot Tamales Theatre Box 5 oz	42	3.5	1/4c	150	0	0	0	0	0	25	37	0	26	0
Jolly Rancher Gummi 4.5 oz	39	3.5	9	120	0	0	0	0	0	35	28	0	22	2
Jolly Rancher Screaming Sours 6.5 oz	40	4.5	16	130	0	0	0	0	0	15	34	0	26	0
Junior Mints 2.6 oz	30	2.5	12	130		2.5	15	0	0	0	26	0	25	0
Kit Kat X-Large Bar 4.5 oz	42	3	1	210	90	11	7	0	5	30	27	0	21	3
M&M Milk Chocolate Peg Bag 5.3 oz	42	3.5	1/4c	200	70	8	5	0	5	30	31	1	28	2
M&M Milk Chocolate 1.69 oz	47.9	1	1bag	230	80	9	5	0	5	35	35	1	31	2
M&M Peanut Butter Peg Bag 5.3 oz	42	3.5	1/4c	220	110	12	7	0	5	90	24	1	20	4
M&M Peanut Peg Bag 5.3 oz	42	3.5	1/4c	220	100	11	4.5	0	5	20	26	1	22	4
Mike & Ike Berry Blast Box 5 oz	42	3.5	1/4c	140	0	0	0	0	0	30	37	0	26	0
Mike & Ike Original Box 5 oz	42	3.5	1/4c	150	0	0	0	0	0	30	37	0	26	0
Milk Duds Concession Box 3 oz	39	2	13	170	60	6	3.5	0	0	105	27	0	20	0
Mott's Applesauce	90	1	1pouch	70	0	0	0	0	0	5	18	1	17	0
Planter's Tropical Fruit & Nut Trail Mix	30	5		150	80	8	3		0	35	15	1	10	4
Reese's Pieces 6.5 oz	40	4.5	51	200	80	9	8	0	0	45	25	1	21	4
Reese's Stick	42	2		220	110	13	5	0	5	135	23	1	18	4
Skittles Mash Ups Peg 7.2 oz	40	5	1/4c	160	15	1.5	1.5	0	0	10	37	0	29	0

Item	Serving Size (g)	Servings per Container	Pieces per Serving	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Total CHO (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Available Condiments:														
Heinz BBQ Sauce	56	1		60	0	0	0	0	0	740	16	0	5	0
Heinz Sweet Relish	9	1		10	0	0	0	0	0	65	3	0	2	0
Heinz Ketchup (1 Tbsp)	17			20	0	0	0	0	0	160	5	0	4	0
Heinz Yellow Mustard (1 tsp)	5			0	0	0	0	0	0	65	0	0	0	0
Ricos Jalapeno Slices 3oz	30	1		5	0	0	0	0	0	510	1	0	0	0
Pretzel Haus Bakery-Icing Cup	2oz	1		200	40	4.5	1	0.5	0	60	40	0	36	0

Not all items available at all locations