



Beverages



1% Milk



1% Milk

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	105
	% Daily Value*
Total Fat 2.3g	3%
Saturated Fat 1g	1%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 95mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	1%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.7mcg	13%
Calcium 307mg	24%
Iron 0mg	0%
Potassium 388mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Chocolate Milk



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Chocolate Milk

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 4.7g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 165mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 1.7g	6%
Total Sugars 24g	
Includes 13g Added Sugars	26%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 272mg	21%
Iron 0.6mg	3%
Potassium 422mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Orange Juice



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Orange Juice

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	112
	% Daily Value*
Total Fat 0.5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0.5g	2%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0.5mg	3%
Potassium 496mg	11%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Berry Smoothie



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Berry Smoothie

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	173
	% Daily Value*
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 42mg	2%
Total Carbohydrate 43g	16%
Dietary Fiber 0.4g	1%
Total Sugars 39g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 0mg	0%
Potassium 150mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Bubble Tea



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Bubble Tea

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 3.4g	4%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 9mg	3%
Sodium 101mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 20.7g	
Includes 17.2g Added Sugars	35%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 0mg	0%
Potassium 149mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Caramel Frappuccino



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Caramel Frappuccino

Nutrition Facts	
1 serving	
Serving size	12 oz.
Amount per serving	
Calories	285
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 7.5g	38%
Trans Fat 0g	
Cholesterol 37mg	12%
Sodium 172mg	7%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 40.5g	
Includes 32g Added Sugars	64%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 0mg	0%
Potassium 274mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Soda Pop, Cola



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Soda Pop, Cola

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	96
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	1%
Total Sugars 27g	
Includes 27g Added Sugars	53%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Beverages



Water



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Water

Nutrition Facts	
1 serving	
Serving size	8 oz.
Amount per serving	
Calories	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	