BEVERAGES

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Sodium	Vit. C Daily Value
JUICES									
Apple Juice ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	6 mg	120 mg
Apple-Mango-Papaya-Peach ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	4 mg	120 mg
Cranberry ▲	8 oz.	140	<1 g	<1%	0 mg	<1 g	34 g	0 mg	120 mg
Fruit Punch ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	4 mg	120 mg
Grape Juice ▲	8 oz.	120	<1 g	<1%	0 mg	<1 g	30 g	6 mg	120 mg
Grapefruit Juice ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	6 mg	120 mg
Iceberry Blue ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	60 mg	120 mg
Jamaica Juice ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	4 mg	120 mg
Lemon-Lime Sports Drink ▲	8 oz.	80	<1 g	<1%	0 mg	<1 g	20 g	86 mg	120 mg
Orange Juice ▲	8 oz.	120	<1 g	<1%	0 mg	<1 g	30 g	6 mg	120 mg
Strawberry-Banana-Kiwi ▲	8 oz.	100	<1 g	<1%	0 mg	<1 g	26 g	4 mg	120 mg
Sugar Free Cranberry Juice ▲	8 oz.	8	<1 g	<1%	0 mg	<1 g	2 g	<1 mg	120 mg
Sugar Free Fruit Punch ▲	8 oz.	<1	<1 g	<1%	0 mg	<1 g	<1 g	<1 mg	120 mg
Sugar Free Iced Tea ▲	8 oz.	<1	<1 g	<1%	0 mg	<1 g	<1 g	<1 mg	0 mg
Sugar Free Lemonade ▲	8 oz.	<1	<1 g	<1%	0 mg	<1 g	<1 g	<1 g	120 mg

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Sodium	Calcium
MILK									
2% Milk ■	8 oz.	130	5 g	35%	20 mg	8 g	13 g	125 mg	300 mg
Chocolate Milk ■	8 oz.	210	8 g	34%	35 mg	8 g	27 g	200 mg	280 mg
Lactaid ■	8 oz.	90	0 g	0%	<5 mg	9 g	13 g	125 mg	300 mg
Skim Milk ■	8 oz.	90	0 g	0%	5 mg	9 g	13 g	130 mg	300 mg
Soy Milk ▲	8 oz.	110	2.5 g	20%	0 mg	9 g	13 g	90 mg	400 mg
Whole Milk ■	8 oz.	160	8 g	45%	35 mg	8 g	13 g	125 mg	291 mg

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Sodium	Caffeine
SODA MACHINE DRINKS									
Cherry Coke ▲	8 oz.	104	0 g	0%	0 mg	0 g	28 g	4 mg	31 mg
Coke Classic ▲	8 oz.	99	0 g	0%	0 mg	0 g	27 g	6 mg	31 mg
Diet Caffeine Coke	8 oz.	1	0 g	0%	0 mg	0 g	0.1 g	28 mg	0 mg
Diet Coke ▲	8 oz.	0	0 g	0%	0 mg	0 g	0 g	10 mg	31 mg
Diet Sprite	8 oz.	0	0 g	0%	0 mg	0 g	0 g	10 mg	0 g
Fruit Punch ▲	8 oz.	113	0 g	0%	0 mg	0 g	28 g	21 mg	0 mg
Ginger Ale ▲	8 oz.	83	0 g	0%	0 mg	0 g	21.2 g	17 mg	0 mg
Mellow Yellow ▲	8 oz.	107	0 g	0%	0 mg	0 g	29 g	8 mg	31 mg
Mr. Pibb ▲	8 oz.	97	0 g	0%	0 mg	0 g	26 g	32 mg	27 mg
Oragne ▲	8 oz.	118	0 g	0%	0 mg	0 g	32 g	34 mg	0 mg
Pink Lemonade ▲	8 oz.	120	0 g	0%	0 mg	0 g	29 g	0 mg	0 mg
Powerade Mountain Blast ▲	8 oz.	72	0 g	0%	0 mg	0 g	19 g	54 mg	0 mg
Root Beer ▲	8 oz.	111	0 g	0%	0 mg	0 g	30 g	24 mg	15 mg
Sprite ▲	8 oz.	97	0 g	0%	0 mg	0 g	26 g	22 mg	0 mg

■ *These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.*
▲ *These items contain no meat, poultry, fish, eggs, milk, cheese, honey or gelatin.*

BEVERAGES, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Sodium	Caffeine
ICED TEA									
Gold Peak Sweetened Black Tea ▲	8 oz.	77	0 g	0%	0 mg	<1 g	21 g	8 mg	12 mg
Gold Peak Sweetened Green Tea ▲	8 oz.	80	0 g	0%	0 mg	<1 g	22 g	7 mg	18 mg
Gold Peak Unsweetened Black Tea ▲	8 oz.	<1	0 g	0%	0 mg	<1 g	<1 g	8 mg	12 mg
Nestea Raspberry Iced Tea ▲	8 oz.	78	0 g	0%	0 mg	0 g	21 g	9 mg	11 mg
Nestea Sweetened Iced Tea ▲	8 oz.	62	0 g	0%	0 mg	0 g	17 g	14 mg	11 mg
Nestea Sweetened Lemon Iced Tea ▲	8 oz.	77	0 g	0%	0 mg	0 g	21 g	9 mg	11 mg
Unsweetened Tea ▲	8 oz.	0	0 g	0%	0 mg	0 g	0 g	5 mg	20 mg

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
HOT BEVERAGES									
French Vanilla Cappuccino	1 cup	133	4.7 g	32%	0 mg	1.3 g	20 g	0 g	133 mg
Hot Chocolate	1 cup	120	1.3 g	10%	0 mg	1.3 g	27 g	0 g	126 mg
Original Cappuccino	1 cup	133	5.3 g	36%	0 mg	1.3 g	20 g	0 g	107 mg

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