

Menu Item	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Cappuccino, all flavors	8 fl. oz	150	40	4g	4g	0g	0mg	<1g	30g	25g	0g	290mg
Carbonated Beverages, all flavors	12 fl. oz	160	0	0g	0g	0g	0mg	0g	41g	41g	0g	60mg
Carbonated Beverages, diet, all flavors	12 fl. oz	0	0	0g	0g	0g	0mg	0g	0g	0g	0g	40mg
Chocolate Milk, 1% reduced fat	12 fl. oz	250	40	4.5g	2.5g	0g	0mg	14g	39g	38g	2g	230mg
Coffee, decaffeinated or regular	8 fl. oz	5	0	0g	0g	0g	0mg	0g	1g	0g	0g	0mg
Hi C® Fruit Punch	12 fl. oz	170	0	0g	0g	0g	0mg	0g	43g	43g	0g	130mg
Hot Chocolate, all flavors	8 fl. oz	130	10	1g	1g	0g	0mg	1g	32g	29g	<1g	290mg
Icee®, all flavors	12 fl. oz	110	0	0g	0g	0g	0mg	0g	27g	27g	0g	10mg
Lemonade, all flavors	12 fl. oz	100	0	0g	0g	0g	0mg	0g	24g	24g	0g	50mg
Milk, 2% reduced fat	12 fl. oz	180	60	7g	4.5g	0g	0mg	12g	17g	17g	0g	150mg
Milk, Skim	12 fl. oz	120	0	0g	0g	0g	0mg	12g	18g	18g	0g	150mg
Orange Juice	12 fl. oz	170	5	<1g	0g	0g	0mg	3g	39g	31g	<1g	<5mg
Sweetened Iced Tea, all flavors	12 fl. oz	100	0	0g	0g	0g	0mg	0g	26g	26g	0g	40mg
Unsweetened Iced Tea	12 fl. oz	0	0	0g	0g	0g	0mg	0g	0g	0g	0g	5mg
Hot Tea	8 fl. oz	0	0	0g	0g	0g	0mg	0g	0g	0g	0g	0mg