

BEVERAGES

Coffee + Hot Tea:

Breakfast Blend Coffee:

Nutrition Facts

Serving Size 526 Grams (g)

Amount Per Serving		
Calories	5	Calories from Fat 0
		% Daily Value *
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	<1g	

Decaf Coffee:

Nutrition Facts

Serving Size 526 Grams (g)

Amount Per Serving		
Calories	0	Calories from Fat 0
		% Daily Value *
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	<1g	

Caramel or Vanilla Coffee:

Nutrition Facts

Serving Size 549 Grams (g)

Amount Per Serving		
Calories	60	Calories from Fat 0
		% Daily Value *
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Sugars	15g	
Protein	<1g	

Caramel Mocha:

Coffee, cocoa mix, caramel syrup, butter-scotch or caramel topping, chocolate topping, whipped topping

Nutrition Facts

Serving Size 292 Grams (g)

Amount Per Serving		
Calories	270	Calories from Fat 80
		% Daily Value *
Total Fat	9g	14%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrates	46g	15%
Dietary Fiber	1g	4%
Sugars	37g	
Protein	2g	

Original Cappuccino:

Instant coffee, sugar, cappuccino-flavored powder, whipped topping

Nutrition Facts

Serving Size 261 Grams (g)

Amount Per Serving		
Calories	250	Calories from Fat 90
		% Daily Value *
Total Fat	10g	15%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrates	40g	13%
Dietary Fiber	0g	0%
Sugars	33g	
Protein	2g	

Caramel Cappuccino:

Instant coffee, sugar, cappuccino-flavored powder, caramel syrup, butterscotch or caramel topping, whipped topping

Nutrition Facts

Serving Size 289 Grams (g)

Amount Per Serving		
Calories	320	Calories from Fat 90
		% Daily Value *
Total Fat	10g	15%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrates	58g	19%
Dietary Fiber	<1g	2%
Sugars	47g	
Protein	2g	

French Vanilla Cappuccino:

Instant coffee, sugar, cappuccino-flavored powder, vanilla syrup, whipped topping

Nutrition Facts

Serving Size 283 Grams (g)

Amount Per Serving		
Calories	310	Calories from Fat 90
		% Daily Value *
Total Fat	10g	15%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrates	54g	18%
Dietary Fiber	0g	0%
Sugars	48g	
Protein	2g	

Hot Chocolate:

Cocoa mix, whipped topping

Nutrition Facts

Serving Size 322 Grams (g)

Amount Per Serving		
Calories	320	Calories from Fat 80
		% Daily Value *
Total Fat	9g	14%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	300mg	12%
Total Carbohydrates	55g	18%
Dietary Fiber	2g	8%
Sugars	44g	
Protein	4g	

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Coffee + Hot Tea:

Hot Tea:

Nutrition Facts

Serving Size 296 Grams (g)

Amount Per Serving		
Calories	0	Calories from Fat 0
		% Daily Value *
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	<1g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	

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Iced Teas & Lemonade:

Freshly Brewed Iced Tea Unsweetened
Low Calorie:

Nutrition Facts	
Serving Size 279 Grams (g)	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 2g	1%
Dietary Fiber <1g	2%
Sugars 0g	
Protein 0g	

Freshly Brewed Iced Tea Sweetened
High Calorie:

Nutrition Facts	
Serving Size 282 Grams (g)	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 20g	7%
Dietary Fiber <1g	2%
Sugars 18g	
Protein 0g	

Freshly Brewed Peach Iced Tea
Sweetened High Calorie:

Nutrition Facts	
Serving Size 305 Grams (g)	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 39g	13%
Dietary Fiber <1g	2%
Sugars 36g	
Protein 0g	

Lemonade:

Nutrition Facts	
Serving Size 278 Grams (g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 15g	1%
Total Carbohydrates 25g	8%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 0g	

Strawberry Lemonade:

Nutrition Facts	
Serving Size 296 Grams (g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 30g	10%
Dietary Fiber <1g	4%
Sugars 27g	
Protein 0g	

Arnold Palmer:

Nutrition Facts	
Serving Size 269 Grams (g)	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 0g	

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Juice + Milk:

2% White Milk Regular:

Nutrition Facts	
Serving Size 226 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 105mg	4%
Total Carbohydrates 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 7g	

2% White Milk Large:

Nutrition Facts	
Serving Size 439 Grams (g)	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 210mg	9%
Total Carbohydrates 21g	7%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 14g	

1% Chocolate Milk Regular:

Nutrition Facts	
Serving Size 234 Grams (g)	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value *	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrates 30g	10%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 8g	

1% Chocolate Milk Large:

Nutrition Facts	
Serving Size 453 Grams (g)	
Amount Per Serving	
Calories 320	Calories from Fat 40
% Daily Value *	
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 280mg	12%
Total Carbohydrates 57g	19%
Dietary Fiber 2g	8%
Sugars 45g	
Protein 15g	

Tomato Juice Regular:

Nutrition Facts	
Serving Size 222 Grams (g)	
Amount Per Serving	
Calories 40	Calories from Fat 5
% Daily Value *	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	23%
Total Carbohydrates 8g	3%
Dietary Fiber <1g	4%
Sugars 6g	
Protein 2g	

Tomato Juice Large:

Nutrition Facts	
Serving Size 437 Grams (g)	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1110mg	46%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	

Apple Juice Regular:

Nutrition Facts	
Serving Size 226 Grams (g)	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 17g	6%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 0g	

Apple Juice Large:

Nutrition Facts	
Serving Size 440 Grams (g)	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrates 35g	12%
Dietary Fiber 0g	0%
Sugars 33g	
Protein 0g	

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Juice + Milk:

Orange Juice Regular:

Nutrition Facts	
Serving Size 227 Grams (g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 24g	8%
Dietary Fiber <1g	3%
Sugars 20g	
Protein 2g	

Orange Juice Regular:

Nutrition Facts	
Serving Size 408 Grams (g)	
Amount Per Serving	
Calories 180	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 42g	14%
Dietary Fiber 1g	4%
Sugars 36g	
Protein 3g	

BEVERAGES

Soft Drinks:

Coca Cola:

Nutrition Facts	
Serving Size 295 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 28g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 0g	

Diet Coke:

Nutrition Facts	
Serving Size 284 Grams (g)	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Coke Zero:

Nutrition Facts	
Serving Size 272 Grams (g)	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Cherry Coca Cola:

Nutrition Facts	
Serving Size 295 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 28g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 0g	

Sprite:

Nutrition Facts	
Serving Size 296 Grams (g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrates 30g	10%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 0g	

Barq's Root Beer:

Nutrition Facts	
Serving Size 296 Grams (g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrates 31g	10%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 0g	

Hi-C®:

Nutrition Facts	
Serving Size 298 Grams (g)	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrates 37g	12%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Mr. Pibb Xtra:

Nutrition Facts	
Serving Size 295 Grams (g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 28g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 0g	