Nutrition Guide

Beverages

Coffee & Hot Tea		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breakfast Blend		5	0	0	0	0	0	10	0	0	0	<1
Caramel Coffee		60	0	0	0	0	0	10	14	0	14	<1
Caramel Mocha		270	80	9	7	0	0	140	46	1	37	2
Decaf Coffee		0	0	0	0	0	0	10	0	0	0	<1
Hot Chocolate		320	80	9	7	0	0	300	55	2	44	4
Hot Tea		0	0	0	0	0	0	10	<1	0	0	0
Sweet and Creamy Cappuccino	Vanilla	280	90	10	8	0	0	80	47	0	40	2
	Caramel	290	90	10	8	0	0	100	50	<1	40	2
	Original	250	90	10	8	0	0	80	40	0	33	2
Vanilla Coffee		60	0	0	0	0	0	10	15	0	15	<1
Juice & Milk		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Apple	Small	70	0	0	0	0	0	20	17	0	16	0
	Regular	140	0	0	0	0	0	35	35	0	33	0
Milk- 2% White	Small	110	40	4.5	3	0	20	105	11	0	11	7
	Regular	220	80	9	6	0	35	210	21	0	22	14
Milk - 1% Chocolate	Small	170	20	2.5	1.5	0	5	140	30	1	23	8
	Regular	320	40	4.5	3	0	15	280	57	2	45	15
Orange Juice	Small	100	0	0	0	0	0	10	24	<1	20	2
	Regular	180	0	0	0	0	0	15	42	1	36	3
Tomato	Small	40	5	0.5	0	0	0	560	8	<1	6	2
	Regular	70	10	1.5	0	0	0	1110	15	2	11	4
Iced Teas & Lemonades		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Arnold Palmer		45	0	0	0	0	0	10	12	0	10	0
Lemonade		100	0	0	0	0	0	15	25	0	21	0
Freshly Brewed Iced Tea - Unsweetened		5	0	0	0	0	0	10	2	<1	0	0
Freshly Brewed Iced Tea - Sweet		70	0	0	0	0	0	10	20	<1	18	0
Freshly Brewed Peach Iced Tea		150	0	0	0	0	0	10	39	<1	36	0
Strawberry Lemonade		120	0	0	0	0	0	15	30	<1	27	0
Soft Drinks		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi		0	0	0	0	0	0	40	0	0	0	0
Mist Twist		100	0	0	0	0	0	20	27	0	27	0
Mountain Dew		110	0	0	0	0	0	35	29	0	29	0
Mug Root Beer		100	0	0	0	0	0	30	26	0	26	0
Pepsi-Cola		100	0	0	0	0	0	20	28	0	28	0
Wild Cherry Pepsi		100	0	0	0	0	0	20	28	0	28	0

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary

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