

Breakfast Beverage Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Orange Juice																
Freshly Squeezed Orange Juice	10 oz	140	0.5	0	0	0	0	32	1	26	0	2	0	2	6	15
Orange Juice	10 oz	140	0	0	0	0	0	33	--	29	0	3	0	4	2	16
Fresh Brewed Tea																
Sweetened Iced Tea	24 oz	170	0	0	0	0	40	43	0	42	42	0	0	2	0	0
Unsweetened Iced Tea	24 oz	0	0	0	0	0	30	0	0	0	0	0	0	2	0	0
Milk																
2% Milk	10 oz	150	6	4.5	0	25	150	14	0	14	0	10	3	40	0	13
Chocolate Milk	10 oz	190	3	2	0	20	250	30	0	28	14	10	3	30	6	10
Coffee																
Coffee	20 oz	10	0	--	--	--	10	0	--	--	--	0	--	--	--	--
Decaf Coffee	20 oz	10	0	--	--	--	10	0	--	--	--	0	--	--	--	--
Pepsi Products																
Brisk Iced Tea, Raspberry	24 oz	140	0	0	0	0	100	36	0	36	36	0	0	0	0	0
Caffeine Free Diet Pepsi	24 oz	0	0	0	0	0	110	0	0	0	0	0	0	0	0	0
Caffeine Free Pepsi	24 oz	300	0	0	0	0	60	82	0	82	82	0	0	0	0	0
Diet Mtn Dew	24 oz	0	0	--	--	--	80	0	--	0	0	0	--	--	--	--
Diet Pepsi	24 oz	0	0	0	0	0	110	0	0	0	0	0	0	0	0	0
Mtn Dew Zero Sugar	24 oz	0	0	--	--	--	90	0	--	0	0	0	--	--	--	--
Mtn Dew	24 oz	340	0	0	0	0	100	88	0	88	88	0	0	0	0	0
Mug Root Beer	24 oz	280	0	0	0	0	110	76	0	76	76	0	0	4	0	0
Pepsi Zero Sugar	24 oz	0	0	--	--	--	--	0	--	0	0	0	--	--	--	--
Pepsi	24 oz	300	0	0	0	0	60	82	0	82	82	0	0	0	0	0
Starry	24 oz	300	0	0	0	0	70	78	0	78	78	0	--	0	--	0
Tropicana Fruit Punch	24 oz	220	0	0	0	0	40	60	0	60	60	0	0	0	0	4
Tropicana Lemonade	24 oz	300	0	0	0	0	300	80	0	80	80	0	0	0	0	0
Wild Cherry Pepsi	24 oz	320	0	0	0	0	60	84	0	84	84	0	0	0	0	0