

Retail Brands Nutritional Analysis
Jazzman's Drinks Core
2011

Nutrient Amounts

Menu item	Recipe #	Serving size	Weight (gms)	Calories	Calories from fat	Fat (gms)	% Daily Value	Saturated fat (gms)	% Daily Value	Trans fat (gms)**	Cholesterol (mg)	% Daily Value	Carbohydrates (gms)	% Daily Value	Dietary Fiber (gms)	% Daily Value	Sugars (gms)	Protein (gms)	Sodium (mg)	% Daily Value	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Beverages																								
Milk, half pint	20303	half pint	150	70	8	12	4.5	23	0	25	8	12	4	0	0	12	8	100	4	8	*	*	30	*
Milk, pint	20302	pint	300	140	16	24	9	46	0	50	16	23	8	0	0	25	15	210	9	15	*	*	60	2
Espresso																								
Americano	20185	12 oz	15	0	0	0	0	0	0	0	0	0	3	1	0	0	0	0	10	0	*	*	*	*
Americano	20186	16 oz	20	0	0	0	0	0	0	0	0	0	4	1	0	0	0	0	10	0	*	*	*	*
Americano	20187	20 oz	25	0	0	0	0	0	0	0	0	0	5	2	0	0	0	0	10	0	*	*	*	*
Breve	20188	12 oz	280	220	24	37	15	76	0	80	26	10	3	0	0	0	6	85	4	15	4	4	20	2
Breve	20189	16 oz	370	280	31	48	20	97	0	100	34	14	5	0	0	0	8	110	5	20	4	30	2	
Breve	20190	20 oz	450	340	38	59	24	119	0	125	41	18	6	0	0	<1	10	135	6	20	6	35	2	
Cappuccino	20176	12 oz																						
nonfat milk			90	0	0	0	0	1	0	5	2	13	4	0	0	13	8	100	4	10	*	*	30	*
two percent milk			130	45	5	7	3	15	0	20	7	13	4	0	0	12	8	115	5	10	2	30	*	
whole milk			160	70	8	12	4.5	23	0	25	8	13	4	0	0	12	8	105	4	8	*	*	30	*
soy milk			110	35	4	6	0.5	3	0	0	0	9	3	1	4	6	7	120	5	10	*	*	30	6
Cappuccino	20177	16 oz																						
nonfat milk			120	0	0	0	0	1	0	5	2	18	6	0	0	16	10	130	5	10	*	*	35	2
two percent milk			170	50	6	9	4	19	0	25	8	17	6	0	0	15	10	145	6	10	2	35	*	
whole milk			200	90	10	15	6	28	0	30	10	17	6	0	0	15	10	130	5	10	*	*	35	2
soy milk			140	45	5	8	0.5	3	0	0	0	13	4	1	5	8	9	150	6	15	*	*	40	8
Cappuccino	20178	20 oz																						
nonfat milk			145	0	0	0	0	1	0	5	2	22	7	0	0	19	12	150	6	15	*	*	45	2
two percent milk			200	70	7	11	4.5	20	0	30	10	21	7	0	0	19	12	170	7	15	2	45	*	
whole milk			240	110	12	18	7	34	0	35	12	21	7	0	0	19	12	160	7	10	*	*	40	2
soy milk			170	50	6	9	1	4	0	0	0	16	5	2	6	9	11	180	8	15	*	*	45	10
Caramel Delight Latte	29111	12 oz																						
nonfat milk			300	15	1.5	3	1	4	0	10	3	62	21	0	0	58	9	260	11	10	*	*	35	*
two percent milk			340	60	6	10	4	19	0	25	8	61	20	0	0	58	9	270	11	10	2	30	*	
whole milk			360	80	9	14	5	26	0	30	9	61	20	0	0	58	8	260	11	10	*	*	30	*
soy milk			310	50	6	8	1	6	0	<5	1	57	19	1	4	51	8	280	12	10	*	*	35	6
Caramel Delight Latte	29113	16 oz																						
nonfat milk			410	20	2.5	4	1.5	6	0	10	4	85	28	0	0	79	11	370	15	15	*	*	40	2
two percent milk			460	70	8	13	5	25	0	30	10	85	28	0	0	79	11	380	16	15	2	40	*	
whole milk			490	110	12	19	7	34	0	35	12	85	28	0	0	79	11	370	15	10	*	*	40	2
soy milk			430	70	7	11	1.5	9	0	5	2	80	27	1	5	71	10	390	16	15	*	*	40	8
Caramel Delight Latte	29114	20 oz																						
nonfat milk			560	30	3	5	1.5	8	0	15	5	118	39	0	0	109	14	470	20	20	*	*	50	2
two percent milk			620	90	10	16	6	30	0	35	12	118	39	0	0	109	14	490	20	15	2	50	*	
whole milk			660	130	15	23	8	41	0	45	15	118	39	0	0	109	13	480	20	15	*	*	45	2
soy milk			580	80	9	14	2	11	0	5	2	112	37	2	6	99	12	500	21	20	*	*	50	10
Caramel Latte	20292	12 oz																						
nonfat milk			180	15	1.5	3	1	4	0	10	3	33	11	0	0	29	9	260	11	10	*	*	35	*
two percent milk			220	50	6	10	4	19	0	25	8	32	11	0	0	29	9	270	11	10	2	30	*	
whole milk			250	80	9	14	5	26	0	30	9	32	11	0	0	30	8	260	11	10	*	*	30	*
soymilk			200	50	6	8	1	6	0	<5	1	29	10	1	4	23	8	280	12	10	*	*	35	6
Caramel Latte	20293	16 oz																						
nonfat milk			260	20	2.5	4	1.5	6	0	10	4	47	16	0	0	41	11	370	15	15	*	*	40	2
two percent milk			300	70	8	13	5	25	0	30	10	46	15	0	0	41	11	383	16	15	2	40	*	
whole milk			340	110	12	19	7	34	0	35	12	46	15	0	0	41	11	370	15	10	*	*	40	2
soymilk			280	70	7	11	1.5	9	0	5	2	41	14	1	5	33	10	390	16	15	*	*	40	8
Caramel Latte	20294	20 oz																						
nonfat milk			330	30	3	5	1.5	8	0	15	5	61	20	0	0	52	14	470	20	20	*	*	50	2
two percent milk			390	90	10	16	6	30	0	35	12	60	20	0	0	52	14	490	20	15	2	50	*	
whole milk			430	130	15	23	8	41	0	45	15	60	20	0	0	53	13	480	20	15	*	*	45	2
soymilk			350	80	9	14	2	11	0	5	2	54	18	2	6	42	12	500	21	20	*	*	50	10
Con Panna	20170	1 oz	25	15	1.5	2	1	5	0	5	2	2	1	0	0	<1	0	10	0	2	*	*	2	*
Con Panna	20171	2 oz	30	15	1.5	2	1	5	0	5	2	3	1	0	0	<1	0	10	0	2	*	*	2	*
Con Panna	20172	3 oz	35	15	1.5	2	1	5	0	5	2	5	2	0	0	<1	0	10	0	2	*	*	2	*
Crème Brûlée Latte	23536	12 oz																						
nonfat milk			320	60	6	9	3.5	17	0	15	6	56	19	0	0	53	10	230	9	10	2	40	2	
two percent milk			350	90	10	16	6	30	0	30	10	55	18	0	0	53	10	240	10	10	2	35	*	
whole milk			380	120	13	20	7	36	0	35	11	55	18	0	0	54	10	230	10	10	2	35	2	
soymilk			330	90	9	15	3.5	19	0	10	4	52	17	<1	4	48	9	240	10	10	2	40	6	
Crème Brûlée Latte	23546	16 oz																						
nonfat milk			420	70	7	11	4	20	0	20	6	75	25	0	0	73	13	270	11	15	2	50	2	
two percent milk			460	110	12	19	7	36	0	35	12	75	25	0	0	72	13	280	15	4	50	2	2	
whole milk			490	140	16	24	9</																	

whole milk			160	70	8	12	4.5	23	0	25	8	13	4	0	0	12	8	105	4	8	*	30	*
soymilk			110	35	4	6	0.5	3	0	0	0	9	3	1	4	6	7	120	5	10	*	30	6
Latte	20180	16 oz																					
nonfat milk			120	0	0	0	0	1	0	5	2	18	6	0	0	16	10	130	5	10	*	35	2
two percent milk			170	50	6	9	4	19	0	25	8	17	6	0	0	15	10	145	6	10	2	35	*
whole milk			200	90	10	15	6	28	0	30	10	17	6	0	0	15	10	130	5	10	8	35	2
soymilk			140	45	5	8	0.5	3	0	0	0	13	4	1	5	8	9	150	6	15	*	40	8
Latte	20181	20 oz																					
nonfat milk			140	0	0	0	0	1	0	5	2	22	7	0	0	19	12	150	6	15	*	45	2
two percent milk			200	70	7	11	4.5	23	0	30	10	21	7	0	0	19	12	170	7	15	2	45	*
whole milk			240	110	12	18	7	34	0	35	12	21	7	0	0	19	12	160	7	10	*	40	2
soymilk			170	50	6	8	1	4	0	0	0	16	5	2	6	9	11	180	8	15	*	45	10
Latte with Flavor Shot (caramel)	23597	12 oz																					
nonfat milk			270	30	3	5	1.5	8	0	10	4	52	17	0	0	45	9	420	18	10	*	30	*
two percent milk			310	70	7	11	4	21	0	25	8	52	17	0	0	45	9	430	18	10	2	30	*
whole milk			330	90	10	15	6	27	0	30	10	52	17	0	0	46	8	410	18	10	*	30	*
soymilk			290	60	7	10	2	10	0	5	3	49	16	<1	4	40	8	440	18	10	*	30	6
Latte with Flavor Shot (caramel)	23598	16 oz																					
nonfat milk			350	40	4	6	2	11	0	15	5	68	23	0	0	59	10	540	23	15	*	40	*
two percent milk			390	80	9	14	5	25	0	30	10	68	23	0	0	58	10	550	23	15	2	35	*
whole milk			420	110	12	18	7	33	0	35	11	68	23	0	0	59	10	540	23	10	*	35	*
soymilk			370	70	8	12	2.5	13	0	10	3	64	21	1	4	52	9	560	23	15	*	40	6
Latte with Flavor Shot (caramel)	23599	20 oz																					
nonfat milk			510	60	6	10	3	16	0	20	7	99	33	0	0	85	13	790	33	20	*	50	2
two percent milk			560	110	12	19	7	34	0	40	13	99	33	0	0	84	13	800	33	20	2	50	2
whole milk			590	140	16	24	9	43	0	45	15	99	33	0	0	85	13	790	33	15	8	45	2
soymilk			530	100	11	17	3.5	18	0	15	5	94	31	1	5	77	12	810	34	20	8	50	8
Macchiato	20173	1 oz																					
nonfat milk			10	0	0	0	0	0	0	0	0	2	1	0	0	<1	<1	5	0	2	*	2	*
two percent milk			15	0	0	0	0	0	0	0	0	2	1	0	0	<1	<1	5	0	2	*	2	*
whole milk			15	0	0.5	1	0	1	0	0	1	2	1	0	0	<1	<1	5	0	*	*	2	*
soymilk			15	0	0	0	0	0	0	0	0	2	1	0	0	0	5	0	2	*	2	*	*
Macchiato	20174	2 oz																					
nonfat milk			20	0	0	0	0	0	0	0	0	3	1	0	0	<1	<1	5	0	2	*	2	*
two percent milk			20	0	0	0	0	0	0	0	0	3	1	0	0	<1	<1	5	0	2	*	2	*
whole milk			20	0	0.5	1	0	1	0	0	1	3	1	0	0	<1	<1	5	0	*	*	2	*
soymilk			20	0	0	0	0	0	0	0	0	3	1	0	0	0	5	0	2	*	2	*	*
Macchiato	20175	3 oz																					
nonfat milk			25	0	0	0	0	0	0	0	0	5	2	0	0	<1	<1	5	0	2	*	2	*
two percent milk			25	0	0	0	0	1	0	0	5	1	0	0	0	<1	<1	5	0	2	*	2	*
whole milk			30	0	0.5	1	0	1	0	0	1	5	1	0	0	<1	<1	5	0	*	*	2	*
soymilk			25	0	0	0	0	0	0	0	0	4	1	0	0	0	5	0	2	*	2	*	*
Mocha	20182	12 oz																					
nonfat milk			200	40	4.5	7	2.5	13	0	15	5	32	11	2	6	26	10	135	6	10	*	30	6
two percent milk			240	80	9	14	6	28	0	30	10	31	10	2	6	26	9	150	6	10	2	30	6
whole milk			270	110	12	19	7	35	0	35	12	31	10	2	6	26	9	140	6	10	*	30	6
soymilk			220	70	8	13	3	15	0	10	4	28	9	3	10	20	8	150	6	10	*	30	10
Mocha		16 oz																					
nonfat milk			260	45	5	7	3	14	0	15	6	44	15	2	9	36	12	170	7	15	*	40	8
two percent milk			310	100	11	16	7	33	0	35	12	44	15	2	9	35	12	180	8	15	2	40	8
whole milk			340	130	15	22	8	42	0	40	14	44	15	2	9	35	11	170	7	10	*	35	8
soymilk			280	90	10	15	3.5	17	0	10	4	39	13	4	14	28	10	190	8	15	*	40	15
Mocha		20 oz																					
nonfat milk			320	45	5	8	3	15	0	20	6	57	19	3	12	45	14	200	8	15	*	45	10
two percent milk			360	110	12	19	8	37	0	40	13	56	19	3	12	45	14	220	9	15	*	45	10
whole milk			420	150	17	26	10	49	0	45	16	56	19	3	12	45	14	210	9	15	*	45	10
soymilk			350	100	11	17	3.5	18	0	10	4	50	17	5	18	35	13	230	10	15	*	45	20
Tuxedo Latte		12 oz																					
nonfat milk			370	70	8	12	4.5	23	0	20	7	64	21	3	12	54	12	190	8	15	2	40	10
two percent milk			410	110	13	19	8	37	0	35	12	63	21	3	12	54	12	200	8	10	2	40	10
whole milk			430	140	16	24	9	45	0	40	14	63	21	3	12	54	11	190	8	10	2	35	10
soymilk			390	110	12	18	5	25	0	15	5	59	20	4	16	48	11	210	9	15	2	40	15
Tuxedo Latte		16 oz																					
nonfat milk			470	80	9	14	5	26	0	20	7	84	28	4	15	71	15	240	10	15	2	50	10
two percent milk			520	140	15	23	9	44	0	40	14	83	28	4	15	71	15	250	10	15	2	50	10
whole milk			550	170	19	29	11	53	0	45	16	83	28	4	15	71	15	240	10	15	2	45	10
soymilk			490	130	14	21	6	28	0	15	5	78	26	5	20	63	14	260	11	15	2	50	20
Tuxedo Latte		20 oz																					
nonfat milk			580	90	10	16	6	29	0	25	8	104	35	5	18	88	18	280	12	18	2	60	15
two percent milk			630	160	17	27	10	51	0	45	15	103	34	5	18	88	18	300	12	15	4	60	15
whole milk			670	200	22	34	12	62	0	50													

Frozen Blueberry Green Tea	23499	20 oz	210	0	0	0	0	0	0	0	53	18	0	0	49	0	15	1	*	8	2	*		
Frozen Caramel Blast*	28934	12 oz	250	80	8	13	5	26	0	20	7	40	13	0	0	30	2	250	11	4	**	6	**	
Frozen Caramel Blast*	28935	16 oz	330	90	10	15	6	30	0	20	7	57	19	0	0	42	3	350	15	6	**	8	**	
Frozen Caramel Blast*	28936	20 oz	410	100	11	18	7	34	0	35	8	73	24	0	0	54	3	450	19	6	**	10	**	
Frozen Caramel Delight Latte Blast	29117	12 oz	360	80	8	13	5	26	0	20	7	69	23	0	0	68	2	250	11	4	**	6	**	
Frozen Caramel Delight Latte Blast	29116	16 oz	480	90	10	15	6	30	0	20	7	95	32	0	0	80	3	350	15	6	**	8	**	
Frozen Caramel Delight Latte Blast	29115	20 oz	640	100	11	18	7	34	0	25	8	130	43	0	0	111	3	450	19	6	**	10	**	
Frozen Crème Brulee Latte Blast	23537	12 oz	360	90	10	15	6	29	0	20	6	63	21	0	0	54	4	210	9	4	2	15	**	
Frozen Crème Brulee Latte Blast	23544	16 oz	470	100	12	18	7	33	0	20	6	86	29	0	0	74	5	250	10	4	2	20	**	
Frozen Crème Brulee Latte Blast	23545	20 oz	600	140	15	23	9	44	0	25	8	106	35	0	0	91	8	310	13	6	2	30	**	
Frozen Latte Blast*	20124	12 oz	160	70	7	11	4.5	23	0	15	5	21	7	0	0	13	2	90	4	4	**	4	**	
Frozen Latte Blast*	20125	16 oz	190	70	8	12	5	26	0	15	5	28	9	0	0	17	2	115	5	4	**	4	**	
Frozen Latte Blast*	20126	20 oz	230	80	9	13	6	28	0	15	5	35	11	0	0	21	2	135	6	4	**	4	**	
Frozen Lemonade	23284	12 oz	310	45	4.5	7	3	15	0	15	5	64	21	5	20	50	<1	39	2	6	250	2	**	
Frozen Lemonade	23285	16 oz	410	45	4.5	7	3	15	0	15	5	89	30	7	28	69	<1	45	2	8	350	4	**	
Frozen Lemonade	23286	20 oz	510	45	4.5	7	3	15	0	15	5	114	38	9	36	89	<1	45	2	10	450	4	**	
Frozen Mocha Blast*	20127	12 oz	220	70	8	12	5	25	0	15	5	37	12	2	6	26	2	110	5	4	**	4	6	
Frozen Mocha Blast*	20128	16 oz	300	80	9	14	6	28	0	15	5	52	17	2	9	36	3	135	6	4	**	4	8	
Frozen Mocha Blast*	20129	20 oz	370	90	10	16	6	32	0	15	5	67	22	3	12	46	4	170	7	4	**	4	10	
Frozen Peanut Butter Mocha Blast*	28103	12 oz	320	140	16	24	7	32	0	15	5	41	14	3	10	27	6	180	8	4	**	4	15	
Frozen Peanut Butter Mocha Blast*	28104	16 oz	490	220	24	37	9	43	0	15	5	60	20	4	17	39	10	290	12	4	**	4	30	
Frozen Peanut Butter Mocha Blast*	23243	20 oz	650	300	33	50	11	54	0	15	5	79	26	6	24	50	14	390	15	4	**	4	45	
Frozen Pomegranate Green Tea	23563	12 oz	110	0	0	0	0	0	0	0	28	9	0	0	26	0	10	*	*	*	2	**	**	
Frozen Pomegranate Green Tea	23562	16 oz	200	0	0	0	0	0	0	0	0	49	16	0	0	46	0	10	1	*	*	2	**	
Frozen Pomegranate Green Tea	23561	20 oz	220	0	0	0	0	0	0	0	0	53	18	0	0	50	0	15	1	*	*	2	**	
Frozen Tuxedo Blast	29118	12 oz	370	90	10	15	6	30	0	15	5	66	23	3	12	53	5	150	6	4	2	10	10	
Frozen Tuxedo Blast	29119	16 oz	490	110	12	18	7	35	0	15	5	90	30	4	15	70	6	190	8	4	2	15	10	
Frozen Tuxedo Blast	29120	20 oz	600	130	14	21	8	40	0	15	5	113	38	5	18	88	7	240	10	4	2	15	15	
Frozen White Chocolate Mocha Blast*	28931	12 oz	240	80	9	14	5	27	0	15	5	36	12	0	0	29	3	120	5	4	2	10	*	
Frozen White Chocolate Mocha Blast*	28932	16 oz	320	90	10	16	6	31	0	15	5	51	17	0	0	40	4	160	6	4	2	15	**	
Frozen White Chocolate Mocha Blast*	28933	20 oz	400	110	12	18	7	35	0	15	5	65	22	0	0	52	5	190	8	4	2	15	**	
Mint White Chocolate Mocha Blast*	28242	12 oz	300	80	9	14	5	27	0	15	5	52	17	0	0	45	3	120	5	4	2	10	**	
Mint White Chocolate Mocha Blast*	28243	16 oz	400	90	10	16	6	31	0	15	5	72	24	0	0	61	4	160	6	4	2	15	**	
Mint White Chocolate Mocha Blast*	28244	20 oz	480	110	12	18	7	35	0	15	5	86	29	0	0	73	5	190	8	4	2	15	**	
S'mores Mocha Smoothie*	23360	12 oz	370	100	11	17	5	27	0	15	5	65	21	2	9	39	4	250	10	4	**	4	10	
S'mores Mocha Smoothie*	23426	16 oz	470	110	13	20	6	31	0	15	5	85	28	3	13	51	6	310	13	4	**	6	15	
S'mores Mocha Smoothie*	23427	20 oz	570	130	15	22	7	35	0	15	5	105	35	4	17	63	7	370	16	4	**	6	20	
Frozen Skinny																								
Dark Chocolate Mocha- Cool Jazz Blast	23703	12 oz	150	15	1.5	2	0	2	0	0	32	11	2	6	18	4	125	5	*	2	25	6		
Frozen Latte- Cool Jazz Blast	23704	12 oz	80	5	1	1	0	0	0	0	16	5	0	0	6	3	110	5	*	2	25	2		
Frozen Latte- Cool Jazz Blast	23705	16 oz	110	10	1	2	0	0	0	0	22	7	0	0	8	4	145	6	*	2	35	2		
Frozen Latte- Cool Jazz Blast	23706	20 oz	140	10	1.5	2	0	0	0	0	28	9	0	0	10	5	180	8	*	4	45	4		
Hot Drinks (*includes whipped cream)																								
Café Au Lat	28923	12 oz																						
nonfat milk			60	0	0	0	0	0	<5	1	9	3	0	0	9	6	80	3	8	*	25	2		
two percent milk			90	35	3.5	6	2.5	12	0	15	5	9	3	0	0	9	6	90	4	8	2	20	2	
whole milk			110	50	6	9	3.5	17	0	20	6	9	3	0	0	9	6	80	6	*	20	2		
soymilk			80	25	3	5	0	2	0	0	6	2	<1	3	5	5	90	4	8	*	25	6		
Café Au Lat	28924	16 oz																						
nonfat milk			70	0	0	0	0	1	0	<5	1	9	3	0	0	9	7	80	3	8	*	25	*	
two percent milk			90	35	3.5	6	2.5	12	0	15	5	9	3	0	0	9	6	90	4	8	2	20	*	
whole milk			110	50	6	9	3.5	17	0	20	6	9	3	0	0	9	6	85	3	6	*	20	*	
soymilk			80	25	3	5	0	2	0	0	6	2	<1	3	5	6	95	4	8	*	25	6		
Café Au Lat	28925	20 oz																						
nonfat milk			80	0	0	0	0	1	0	<5	2	12	4	0	0	13	9	110	5	10	*	30	2	
two percent milk			130	45	5	8	3	15	0	20	7	12	4	0	0	12	9	120	5	10	2	30	*	
whole milk			150	70	8	12	4.5	23	0	25	8	12	4	0	0	12	8	110	5	8	*	30	2	
soymilk			100	35	4	6	0.5	3	0	0	8	3	1	4	6	7	125	5	10	*	30	6		
Chai Tea	20295	12 oz																						
nonfat milk			170	0	0	0	0	0	0	5	2	34	11	0	0	32	9	115	5	10	*	40	4	
two percent milk			220	50	5	8	3.5	17	0	20	7	33	11	0	0	32	9	130	5	10	*	40	4	
whole milk			250	80	9	14	5	26	0	25	9	33	11	0	0	32	9	120	5	10	*	40	4	
soymilk			190	40	4.5	7	0.5	3	0	0	29	10	1	5	25	8	135	6	10	*	40	10		
Chai Tea	20296	16 oz																						
nonfat milk			220	0	0	0	0	1	0	5	2	42	14	0	0	40	11	140	6	15	*	50	6	
two percent milk			270	60	7	10	4	21	0	25	9	41	14	0	0	40	11	160	7	15	2	50	6	
whole milk			310	100	11	17	6	31	0	35	11	41	14	0	0	39	11	145	6	10	*	50	6	
soymilk			240	50	6	8	0.5	3	0	0	0	36	12	1	6	31	10	170	7	15	*	50	15	
Chai Tea	20297	20 oz																						
nonfat milk			240	0	0	0	0	1	0	10	3	45	15	0	0	43	13	170	7	15	*	60	6	
two percent milk			300	70	8	12	5	26	0	30	11	44	15	0	0	43	13	190	8	15	2	60	6	
whole milk			340	120	13	20	7	37	0	40	15	44	15	0	0	43	13	170	7	15	*	60	6	
soymilk			260	60	7	10	1	4	0	0	0	38	13	2	7	32	11	200	8	15	*	60	15	
Coconut Cocoa Black Tea Latte Decaf	28956	12 oz																						
skim			230	0	0	0	0	1	0	5	2	47	16	0	0	47	9	115	5	10	2	35	*	
two percent			280	50	5	8	3.5	17	0	20	5	47	16	0	0	47	9	130	5	10	4	35	*	
whole			310	80	9	14	5	26	0	30	9	47	16	0	0	47	9	120	5	10	2	30	*	
soy			250	40	4.5																			

Coffee w/Flavored Shot (caramel)	20161	20 oz	400	60	6	9	3	15	0	15	5	81	27	0	0	69	4	670	28	6	*	15	*
Ginger Black Tea Latte	28950	12 oz	200	0	0	0	0	0	0	5	2	38	13	0	0	39	9	115	5	10	2	35	*
skim			240	50	6	8	3.5	17	0	20	5	38	13	0	0	38	9	130	5	10	4	35	*
two percent			270	80	9	14	5	26	0	30	9	38	14	0	0	39	9	130	5	10	2	30	*
whole			210	40	4.5	7	0.5	3	0	0	0	34	11	1	5	31	8	135	6	10	2	35	8
soy																							
Ginger Black Tea Latte	28951	16 oz	240	0	0	0	0	1	0	5	2	47	16	0	0	48	11	140	6	15	2	40	2
skim			290	60	7	10	4	21	0	25	9	47	16	0	0	48	11	160	7	15	4	40	*
two percent			330	100	11	17	6	31	0	35	11	47	16	0	0	48	11	145	6	10	2	40	2
whole			260	50	6	9	0.5	3	0	0	0	42	14	1	6	39	10	170	7	15	2	40	8
soy																							
Ginger Black Tea Latte	28952	20 oz	290	0	0	1	0	1	0	10	3	57	19	0	0	57	14	170	7	15	2	50	2
skim			350	70	8	12	5	25	0	30	11	56	19	0	0	57	13	190	8	15	4	50	*
two percent			390	120	13	20	7	37	0	40	13	56	19	0	0	58	13	170	7	15	2	45	2
whole			310	60	7	10	1	4	0	0	0	50	17	2	7	46	11	200	8	15	2	50	10
soy																							
Hot Chocolate*	20162	12 oz	230	40	4.5	7	2.5	13	0	15	5	40	13	2	9	34	11	160	7	15	*	35	8
nonfat milk			280	90	10	15	6	30	0	30	11	39	13	2	9	33	11	170	7	10	2	35	8
two percent milk			310	120	13	20	8	38	0	38	13	39	13	2	9	34	10	159	7	10	*	30	8
whole milk			250	80	9	14	3	15	0	10	4	35	12	3	14	26	10	180	7	15	*	35	15
soymilk																							
Hot Chocolate*	20163	16 oz	380	60	6	9	3.5	17	0	15	6	73	24	5	21	59	13	200	8	15	*	40	15
nonfat milk			430	110	12	18	7	36	0	35	12	72	24	5	21	59	13	220	9	15	2	40	16
two percent milk			460	140	16	24	9	45	0	40	14	72	24	5	21	59	13	200	8	10	*	35	15
whole milk			400	100	11	17	4	20	0	10	4	68	23	7	26	51	12	220	9	15	*	40	25
soymilk																							
Hot Chocolate*	20164	20 oz	470	60	7	10	4	19	0	20	6	92	31	7	27	75	17	250	11	20	*	50	20
nonfat milk			540	130	14	22	9	43	0	40	14	91	30	7	27	75	17	270	11	15	2	50	20
two percent milk			580	170	19	30	11	55	0	50	17	91	30	7	27	75	16	260	11	15	*	50	20
whole milk			500	120	13	20	4.5	22	0	10	4	85	28	8	33	64	15	280	12	20	*	50	30
soymilk																							
Hot Tea (black)	20165	12 oz	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	10	0	0	*	2	*
Hot Tea (black)	20166	16 oz	5	0	0	0	0	0	0	0	0	1	0	0	0	0	0	15	1	*	*	2	*
Hot Tea (black)	23270	20 oz	5	0	0	0	0	0	0	0	0	2	1	0	0	0	0	15	1	*	*	2	*
House Blend (black)	20153	12 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	*	*	2	*
House Blend (black)	20154	16 oz	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<1	10	0	*	2	*
House Blend (black)	20155	20 oz	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<1	10	0	*	2	*
House Decaf (black)	20156	12 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	*	2	2
House Decaf (black)	20157	16 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<	10	0	*	2	2
House Decaf (black)	20158	20 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	<1	10	0	*	2	2
Matcha Green Tea	29125	12 oz	160	0	0	0	0	1	0	5	2	31	10	0	0	31	9	115	5	10	*	35	*
skim			210	50	5	8	3.5	17	0	20	7	30	10	0	0	31	9	130	5	10	2	35	*
two percent			240	80	9	14	5	26	0	25	9	30	10	0	0	31	9	120	5	10	*	30	*
whole			180	40	4.5	7	0.5	3	0	0	0	26	9	1	5	24	8	135	6	10	*	35	8
soy																							
Matcha Green Tea	29126	16 oz	330	0	0	0	0	1	0	5	2	68	23	0	0	68	11	140	6	15	*	40	2
skim			380	60	7	10	4	21	0	25	9	68	22	0	0	68	11	158	7	15	2	40	*
two percent			420	100	11	17	6	31	0	35	11	68	22	0	0	68	11	140	6	10	*	40	2
whole			350	50	6	8	0.5	3	0	0	0	62	21	1	6	59	10	170	7	15	*	40	8
soy																							
Matcha Green Tea	29127	20 oz	420	0	0	0	0	1	0	10	3	88	29	0	0	88	13	170	7	15	*	50	2
skim			480	70	8	12	5	25	0	30	11	87	29	0	0	88	13	190	8	15	2	50	*
two percent			520	120	13	20	7	37	0	40	13	87	29	0	0	88	13	170	7	15	*	45	2
whole			440	60	7	10	1	4	0	0	0	81	27	2	7	78	11	200	8	15	*	50	10
soy																							
Steamer	20304	12 oz	150	0	0	0	0	1	0	5	2	28	9	0	0	29	9	115	5	10	*	35	0
nonfat milk			190	50	5	8	3.5	17	0	20	7	28	9	0	0	29	9	130	5	10	2	35	*
two percent milk			220	80	9	14	5	26	0	25	9	28	9	0	0	29	9	120	5	10	*	30	*
whole milk			170	40	4.5	7	0.5	3	0	0	0	24	8	1	5	21	8	135	6	10	*	35	8
soymilk																							
Steamer	20305	16 oz	190	0	0	0	0	1	0	5	2	35	12	0	0	35	11	140	6	15	*	40	2
nonfat milk			240	60	7	10	4	21	0	25	9	34	11	0	0	35	11	160	7	15	2	40	*
two percent milk			280	100	11	17	6	31	0	35	11	34	11	0	0	35	11	145	6	10	*	40	2
whole milk			210	50	6	8	0.7	3	0	0	0	29	10	1	6	26	10	170	7	15	*	40	8
soymilk																							
Steamer	20306	20 oz	350	0	0	0	0	1	0	10	3	74	25	0	0	74	13	170	7	15	*	50	2
nonfat milk			410	70	8	12	5	25	0	30	11	73	24	0	0	74	13	190	11	15	2	48	*
two percent milk			450	120	13	20	7	37	0	40	13	73	24	0	0	74	13	170	7	15	*	45	2
whole milk			370	60	7	10	1	4	0	0	0	67	22	2	7	64	11	200	8	15			

Iced Coffee, black	20142	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	1	0	0	2	0	
Iced Coffee, black	20143	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	1	0	0	2	0	
Iced Coffee w/ Flavor Shot (caramel)	20727	12oz	200	25	3	5	1.5	8	0	5	3	41	14	0	0	35	2	330	14	4	6	6	
Iced Coffee w/ Flavor Shot (caramel)	20726	16oz	260	35	4	6	2	10	0	10	3	54	18	0	0	46	2	440	19	4	8	8	
Iced Coffee w/ Flavor Shot (caramel)	20725	20oz	390	60	6	9	3	15	0	15	5	81	27	0	0	69	3	670	28	6	15	15	
Iced Crème Brulee Latte	23548	12oz																					
skim			340	70	8	12	4.5	22	0	20	7	57	19	0	0	54	10	230	10	10	2	40	*
two percent			370	110	12	18	7	35	0	35	12	57	19	0	0	54	10	240	10	12	2	40	*
whole			400	130	14	22	8	41	0	40	13	57	19	0	0	54	10	230	10	10	2	35	*
soy			360	100	11	17	4.5	23	0	20	6	54	18	<1	4	48	9	250	10	10	2	40	6
Iced Crème Brulee Latte	23549	16 oz																					
skim			450	80	9	13	5	24	0	25	8	78	26	0	0	73	13	280	12	15	2	50	2
two percent			490	130	14	21	8	41	0	40	13	77	26	0	0	73	13	290	12	15	4	50	*
whole			520	160	17	27	10	49	0	45	15	77	26	0	0	73	13	280	12	15	2	45	2
soy			460	120	13	20	5	26	0	20	6	73	24	1	5	66	12	300	12	15	2	50	8
Iced Crème Brulee Latte	23550	20 oz																					
skim			530	90	10	15	5	27	0	25	8	92	31	0	0	86	16	320	13	15	2	60	2
two percent			580	150	16	25	9	47	0	45	15	91	30	0	0	86	16	340	14	15	4	60	*
whole			620	180	20	31	11	57	0	50	17	91	30	0	0	86	16	320	13	15	2	60	2
soy			550	140	15	23	6	29	0	20	6	86	29	1	6	77	15	340	14	15	2	60	8
Iced Decaf, black	20144	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	*	2
Iced Decaf, black	20145	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	2	2
Iced Decaf, black	20146	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	1	0	0	0	2	2
Iced Ginger Black Tea Latte	28953	12 oz																					
skim			140	0	0	0	0	0	0	<5	1	31	10	0	0	31	4	55	2	6	2	15	*
two percent			160	20	2.5	4	1.5	8	0	10	3	30	10	0	0	31	4	60	3	6	2	15	0
whole			180	40	4	6	2.5	11	0	10	4	30	10	0	0	31	4	55	2	4	2	15	*
soy			150	20	2	3	0	1	0	0	0	29	10	<1	2	28	4	65	6	2	15	4	
Iced Ginger Black Tea Latte	28954	16 oz																					
skim			190	0	0	0	0	0	0	<5	1	40	13	0	0	40	6	85	4	8	2	25	*
two percent			220	35	3.5	6	2.5	12	0	15	5	40	13	0	0	40	6	93	4	8	4	25	*
whole			240	50	6	9	3.5	17	0	20	6	40	13	0	0	40	6	85	4	6	2	20	*
soy			200	25	3	5	0	2	0	0	0	37	12	<1	3	35	5	95	4	8	2	25	6
Iced Ginger Black Tea Latte	28955	20 oz																					
skim			260	0	0	0	0	1	0	5	2	52	17	0	0	52	10	135	6	15	2	40	2
two percent			300	60	6	9	4	19	0	25	8	52	17	0	0	52	10	150	6	10	4	40	*
whole			340	90	10	15	6	28	0	30	10	52	17	0	0	53	10	140	6	10	2	35	2
soy			280	45	5	8	0.5	3	0	0	0	47	16	1	5	44	9	160	7	15	2	40	8
Iced Latte	20147	12 oz																					
skim			80	0	0	0	0	1	0	<5	1	12	4	0	0	11	7	95	4	10	8	25	*
two percent			110	40	4	7	2.5	13	0	15	6	12	4	0	0	11	7	105	4	8	2	25	*
whole			140	60	7	11	4	20	0	20	7	12	4	0	0	11	7	95	4	8	*	25	*
soy			90	30	3.5	5	0	2	0	0	0	8	3	<1	4	5	6	110	5	10	*	25	6
Iced Latte	20148	16 oz																					
skim			120	0	0	0	0	1	0	5	2	15	6	0	0	16	10	135	6	10	*	40	2
two percent			170	50	6	9	4	19	0	25	8	17	6	0	0	15	10	150	6	10	2	35	*
whole			200	90	10	15	6	28	0	30	10	17	6	0	0	15	10	140	6	10	8	35	2
soy			140	45	5	8	0.5	3	0	0	0	13	4	1	5	8	9	160	7	15	*	40	8
Iced Latte	20149	20 oz																					
skim			150	0	0	0	0	1	0	10	3	24	8	0	0	20	13	170	7	15	8	50	2
two percent			220	70	8	12	5	25	0	30	11	23	8	0	0	20	13	190	8	15	2	50	*
whole			260	120	13	20	7	37	0	40	13	23	8	0	0	20	13	180	7	15	*	45	2
soy			180	60	7	10	1	4	0	0	0	17	6	2	7	10	11	200	8	15	*	50	10
Iced Latte w/ Flavor Shot (caramel)	23600	12 oz																					
skim			260	30	3	5	1.5	8	0	10	4	51	17	0	0	44	8	410	17	10	*	30	*
two percent			290	60	7	10	4	19	0	20	7	51	17	0	0	44	8	420	18	10	2	30	*
whole			310	80	9	14	5	25	0	25	9	51	17	0	0	44	7	410	17	10	*	25	*
soy			280	50	6	9	2	9	0	5	3	48	16	<1	3	39	7	430	18	10	*	30	6
Iced Latte w/ Flavor Shot (caramel)	23601	16 oz																					
skim			360	40	4	6	2	11	0	15	5	69	23	0	0	59	10	550	23	15	*	40	*
two percent			400	80	9	14	5	25	0	30	10	68	23	0	0	58	10	560	23	15	2	40	*
whole			420	110	12	18	7	33	0	35	11	68	23	0	0	58	10	550	23	10	*	35	*
soy			370	70	8	12	2.5	13	0	10	3	65	22	1	4	52	9	570	24	15	*	40	6
Iced Latte w/ Flavor Shot (caramel)	23602	20 oz																					
skim			540	60	6	10	3	16	0	25	8	105	35	0	0	89	16	830	35	10	*	60	2
two percent			610	130	14	20	8	40	0	45	16	104	35	0	0	89	16	850	36	20	2	60	*
whole			650	170	19	29	10	52	0	55	18	104	35	0	0	89	16	840	35	20	*	60	2
soy			570	110	13	19	4	19	0	15	5	98	33	2	7	79	14	860	36	20	*	60	10
Iced Lemonade	20374	16 oz	130	0	0	0	0	0	0	0	0	35	12	0	0	34	0	50	2	*	*	2	*
Iced Matcha Green Tea	29128	12 oz																					
nonfat milk			180	0	0	0	0	0	0	<5	1	40	0	0	0	40	4	55	2	6	*	15	*
two percent milk			200	20	2.5	4	1.5	8	0	10	3	40	13	0	0	40	4	60	3	6	*	15	*
whole milk			210	35	4	6	2.5	11	0	10	4	40	13	0	0	40	4	55	2	4	*	15	*
soymilk			190	20	2	0	1	0	0	0	0	38	13	<1	2	37	4	65	3	6	*	15	4
Iced Matcha Green Tea	29129	16 oz																					
nonfat milk			270	0	0	0	0	0	0	<5	1	60	20	0	0	60	6	85	4	8	*	25	*
two percent milk			300	35	3.5	6	2.5	12	0	15	5	60	20	0	0	60	6	95	4	8	2	25	*
whole milk			320	50	6	9	3.5	17	0	20	6	60	20	0	0	60	6	85	4	6	*	20	*
soymilk			290	25	3	5	0	2	0	0	0	57	19	<1	3	56	5	95	4	8	*	25	6
Iced Matcha Green Tea	29130	20 oz																					
nonfat milk			310	0	0	0	0	1	0	5	2	66	22	0	0	67	10	135	6	10	*	40	2
two percent milk			360	50																			

skim			280	45	5	7	3	15	0	20	6	47	16	2	9	39	14	200	8	15	*	45	8
two percent			340	110	12	18	7	36	0	40	13	47	16	2	9	39	14	220	9	15	2	45	8
whole			380	150	17	25	10	48	0	45	16	47	16	2	9	39	13	210	9	15	*	45	8
soy			310	100	11	16	3.5	17	0	10	4	41	14	4	15	29	12	230	10	15	*	45	15
Iced Mocha*	20152	20 oz																					
skim			330	45	5	8	3	16	0	20	6	58	19	3	12	46	15	230	9	20	*	50	10
two percent			400	120	13	20	8	39	0	40	14	57	19	3	12	46	15	240	10	15	2	50	10
whole			440	160	18	27	10	51	0	50	17	57	19	3	12	46	15	230	10	15	*	45	10
soy			360	100	12	18	3.5	18	0	10	4	51	17	5	19	36	13	250	11	20	*	50	20
Iced Peach Lemonade	20375	16 oz	210	0	0	0	0	0	0	0	0	54	18	<1	3	51	<1	40	2	2	90	2	*
Iced Pomegranate Green Tea	23558	12 oz	50	0	0	0	0	0	0	0	0	12	4	0	0	11	0	10	0	0	*	2	*
Iced Pomegranate Green Tea	23559	16 oz	70	0	0	0	0	0	0	0	0	16	5	0	0	15	0	10	1	*	*	2	*
Iced Pomegranate Green Tea	23560	20 oz	100	0	0	0	0	0	0	0	0	25	8	0	0	24	0	15	1	*	*	2	*
Iced Raspberry Chai	28222	12 oz	140	0	0	0	0	0	0	0	0	35	12	<1	3	30	0	10	0	*	80	6	4
Iced Raspberry Chai	28223	16 oz	180	0	0	0	0	0	0	0	0	45	15	<1	3	38	0	10	0	*	100	6	4
Iced Raspberry Chai	28224	20 oz	220	0	0	0	0	0	0	0	0	55	18	1	4	47	0	15	1	*	120	8	6
Iced Raspberry Lemonade	28138	16 oz	200	0	0	0	0	0	0	0	0	53	18	<1	3	48	0	40	2	*	80	2	2
Iced Tea 12 oz.	23251	12 oz	100	0	0	0	0	0	0	0	0	26	9	0	0	25	0	10	0	*	*	2	*
Iced Tea 16 oz.	23250	16 oz	150	0	0	0	0	0	0	0	0	39	13	0	0	38	0	15	0	*	*	2	*
Iced Tea 20 oz.	23252	20 oz	200	0	0	0	0	0	0	0	0	51	17	0	0	50	0	20	0	*	*	2	*
Iced Tuxedo Latte	29131	12oz																					
skim			360	70	8	12	4.5	23	0	20	7	62	21	3	12	52	11	180	7	10	2	35	10
two percent			390	110	12	18	7	35	0	35	11	62	21	3	12	52	11	190	8	10	2	35	10
whole			410	130	15	23	8	42	0	35	13	62	21	3	12	52	11	180	7	10	2	35	10
soy			370	100	11	17	5	24	0	15	5	58	19	4	16	47	10	190	8	10	2	35	15
Iced Tuxedo Latte	29132	16oz																					
skim			490	80	9	14	5	26	0	25	8	87	29	4	15	74	17	260	11	20	2	60	10
two percent			550	150	16	25	10	48	0	45	15	86	29	4	15	74	17	280	12	15	4	60	10
whole			590	190	21	32	12	59	0	50	18	86	29	4	15	74	16	260	11	15	2	50	10
soy			520	130	15	23	6	29	0	15	5	80	27	5	21	64	15	290	12	20	2	60	20
Iced Tuxedo Latte	29133	20oz																					
skim			590	90	10	16	6	29	0	25	8	105	35	5	18	89	20	290	12	20	2	60	15
two percent			650	160	18	28	11	52	0	45	16	104	35	5	18	89	19	310	13	20	4	60	15
whole			690	210	23	35	13	65	0	55	19	104	35	5	18	89	19	300	12	15	2	60	15
soy			610	150	17	26	6	32	0	15	5	98	33	6	25	79	17	320	13	20	2	60	25
Iced White Chocolate Mocha*	20276	12 oz																					
skim			210	45	5	8	3	15	0	15	5	30	10	0	0	28	9	140	6	10	2	35	2
two percent			240	80	9	14	6	28	0	25	9	29	10	0	0	28	9	150	6	10	2	35	*
whole			260	110	12	18	7	34	0	30	11	29	10	0	0	28	9	140	6	10	2	35	2
soy			220	80	9	13	3.5	16	0	10	4	26	9	<1	4	22	8	160	6	10	2	35	6
Iced White Chocolate Mocha*	20277	16 oz																					
skim			310	50	6	9	3.5	17	0	20	6	46	15	0	0	43	15	220	9	17	2	60	2
two percent			360	120	13	20	8	39	0	40	13	45	15	0	0	43	15	240	10	15	4	60	2
whole			400	160	18	27	10	50	0	45	16	45	15	0	0	43	14	220	9	15	2	50	2
soy			330	110	12	18	4	20	0	10	4	40	13	2	6	34	13	250	10	15	2	60	10
Iced White Chocolate Mocha*	21512	20 oz																					
skim			370	60	7	10	4	19	0	20	6	57	19	0	0	53	17	250	10	20	2	60	2
two percent			430	130	14	22	9	43	0	40	14	56	19	0	0	52	17	270	11	15	4	60	2
whole			470	170	19	30	11	55	0	50	17	56	19	0	0	52	16	250	10	15	2	60	2
soy			390	120	13	20	4.5	22	0	10	4	50	17	2	7	42	15	280	12	20	2	60	10
Wildberry Iced Tea 12 oz.	23508	12 oz	80	0	0	0	0	0	0	0	0	19	6	1	4	16	0	10	0	*	60	2	2
Wildberry Iced Tea 16 oz.	23509	16 oz	110	0	0	0	0	0	0	0	0	26	9	1	5	21	0	10	1	*	80	2	2
Wildberry Iced Tea 20 oz.	23510	20 oz	140	0	0	0	0	0	0	0	0	32	11	2	7	26	0	15	1	*	100	4	2
Smoothies (*includes whipped cream)																							
Banana*	23289	12 oz	320	45	4.5	7	3	15	0	15	5	68	23	2	7	55	<1	30	1	6	300	2	*
	23288	16 oz	430	45	4.5	7	3	15	0	15	5	94	31	2	9	76	<1	30	1	8	420	4	*
	23287	20 oz	540	45	4.5	7	3	15	0	15	5	120	40	3	12	98	<1	30	1	10	540	4	*
Banana Split*	23439	12 oz	380	60	7	10	4.5	23	0	15	5	78	26	3	10	65	2	55	2	6	290	4	2
	23440	16 oz	490	70	7	11	5	27	0	15	5	104	35	4	15	88	2	59	2	8	400	4	2
	23441	20 oz	600	70	8	13	6	31	0	15	5	129	43	5	19	109	2	60	3	10	510	4	2
Bananaberry*	22211	12 oz	290	45	4.5	7	3	15	0	15	5	61	20	2	10	50	<1	30	1	4	230	2	*
	22213	16 oz	360	45	4.5	7	3	15	0	15	5	78	26	3	12	64	<1	30	1	6	300	4	*
	22214	20 oz	520	45	4.5	7	3	15	0	15	5	115	39	5	18	96	<1	30	1	6	450	4	*
Berry Berry*	20589	12 oz	280	45	4.5	7	3	15	0	15	5	56	19	3	12	46	<1	25	1	6	170	4	2
	20588	16 oz	420	45	4.5	7	3	15	0	15	5	90	30	5	19	74	<1	25	1	8	280	6	4
	20590	20 oz	520	45	4.5	7	3	15	0	15	5	115	38	6	24	95	<1	25	1	10	360	6	4
Berry Xtraordinary*	22208	12 oz	310	45	4.5	7	3	15	0	15	5	66	22	2	7	55	<1	30	1	4	200	2	4
	22209	16 oz	410	45	4.5	7	3	15	0	15	5	91	30	2	9	76	<1	30	1	4	280	4	6
	22210	20 oz	510	45	4.5	7	3	15	0	15	5	117	39	3	12	98	<1	30	1	4	360	4	6
Chocolate Peach Melba*	23442	12 oz	340	45	5	8	3	15	0	15	5	73	24	2	7	64	2	50	2	6	210	4	2
	23443	16 oz	450	45	5	8	3	15	0	15	5	99	33	2	9	88	3	50	2	6	300	4	2
	23444	20 oz	550	45	5	8	3	15	0	15	5	125	42	3	12	111	3	50	2	8	380	4	2
Cocoberry*	23255	12 oz	390	80	9	14	7	36	0	15	5	77	26	4	16	67	2	45	2	6	270	4	4
	23256	16 oz	460	90	10	15	8	40	0	15	5	93	31	5	19	81	3	50	2	8	330	4	5
	23258	20 oz	670	110	12	19	10	52	0	15	5	139	46	7	29	121	4	60	3	10	500	4	8
Mango Berry*	23513	12 oz	310	45	4.5	7	3	15	0	15	5	66	22	2	7	55	<1	30	1	4	200	2	*
	20286	16 oz	410	45	4.5	7	3	15	0	15	5	91	30	3	11	74	<1	30	1	5	300	4	4
	23514																						

Information is not meant to be a substitute for laboratory analysis.

Labeling regulations allow for rounding of amounts

***trans fats found in beef, lamb, pork, butter, cream and milk are naturally occurring*

** not a significant source for this nutrient*

8/11